Tuesday, Dec 2, 2014

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VANCOUVER metro®

NEWS WORTH SHARING.

SHE & HIM AT IT AGAIN

ZOOEY DESCHANEL AND M. WARD TEAM UP ONCE MORE, THIS TIME FOR A COVER ALBUM PAGE 12

Arrest made in decades-old deaths of girls

Ontario man accused of 1970s murders in southern B.C. PAGE 3

Social media takes its toll

Therapists see a connection between social networking and self-judgment PAGE 17

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Pop-up art takes place of Steam Clock

Make It Rain.
Temporary tower erected after successful crowdfunding effort

EMILY JACKSON
emily.jackson@metronews.ca

Architects Jennifer and Tom Carruthers with their eight-month-old daughter, Hazel, in front of their crowdfunded public-art installation at Vancouver's most photographed corner — Water and Cambie in Gastown. Their piece was installed Monday as a temporary stand-in for the beloved Steam Clock, which is undergoing repairs that won't be completed until mid-January. EMILY JACKSON/METRO

Tourists and locals alike will be so busy taking selfies with Gastown's newest piece of public art, they probably won't notice the beloved Steam Clock is missing.

A 27-foot-tall tower covered in reflective material was installed on the Steam Clock's pedestal Monday to fill the temporary void on the corner while the 37-year-old clock undergoes repairs.

Designed by local architects Jennifer and Tom Carruthers, the tower called "Make It Rain" will release steam from the top as its shiny material sways in the wind and reflects the lights at Water and Cambie streets — Vancouver's most photographed intersection.

Even before the reflective material was installed on the cold afternoon, curious passersby paused to snap photos of the construction.

It's no surprise they were interested, considering the project was crowdfunded with a Kickstarter campaign.

It took only eight days for the project to earn the necessary $19,500 from 75 backers around the world.

Jennifer was "humbled" by the support and couldn't wait to see people interact with the art, she said as she watched construction unfold (yes, you can touch it).

The couple were inspired to animate the corner, which has seemed empty since the clock was removed in October. Their design aims to mesh past and present by combining steam, the historic way of heating the old neighbourhood, with the reflective material that mirrors the towers of Vancouverism.

While the tower is only visiting the intersection until the clock is fixed in mid-January, the hope is to install it at a different steam vent or keep it in storage until Gastown's 150th birthday in a couple of years.

In the meantime, the Gastown Business Improvement Society is excited to show off the art during the holiday season.

This is Vancouver's second crowdfunded piece of art at a major tourist attraction this year. The famous Brazilian graffiti artists known as Osgemeos transformed six industrial silos on Granville Island into a massive, colourful mural this summer.

Follow Emily Jackson on Twitter @theemilyjackson

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NEWS 1

Flu immunization rate low among health-care workers

Get the shot. Despite a provincial deadline, only around 67 per cent have reported getting it as of Monday

THANDI FLETCHER
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Flu-shot rates are down this fall among health-care providers within the Vancouver Coastal Health region, despite a provincial deadline that required them to get immunized or wear a mask by Monday.

Just over 67 per cent of acute-care staff, excluding physicians, reported receiving their flu shots as of Monday to comply with a B.C. government regulation introduced in 2012 requiring staff at public health-care facilities to get vaccinated or wear a mask.

Although the rate is up about 10 percentage points since last Monday, the number still lags behind the 82 per cent who reported receiving their flu shots by the end of the flu season last year.

Dr. Meena Dawar, medical health officer for Vancouver Coastal Health, said she expects to see the compliance rate increase in the coming weeks.

"Of course we would like to see higher immunization rates, and I think it will just take time to get there," she told Metro.

But B.C. Nurses' Union president Gayle Duteil, who received her flu shot Monday, said she wasn't surprised to see the relatively low flu-shot compliance rate among health-care providers.

Duteil said vaccination rates are low among nurses this fall due to concerns about the mandatory nature of the policy, as well as the vaccine's effectiveness.

"The vaccination that was created eight months ago or 10 months ago does not seem to be effective in some of the strains circulating around the province, so that is a concern for our nurses," she said.

But Dawar disagreed with concerns about how well the flu shot works. She said the effectiveness of the influenza vaccine ranges between 60 and 90 per cent.

"Even 60 per cent efficacy is pretty darn good compared to nothing," she said.

Meanwhile, within the Fraser Health region, the flu-shot compliance rate among staff was up slightly from last year, with about 70 per cent of acute-care staff and 75 per cent of all full-time staff reporting receiving their immunizations as of Monday.

Gayle Duteil, president of the B.C. Nurses' Union, receives her flu shot at Three Bridges Community Clinic on Monday.
COURTESY B.C. NURSES' UNION

This time last year, the overall compliance rate was about 69 per cent, said Dr. Victoria Lee, interim chief medical health officer for Fraser Health.

Ontario man arrested in '70s murders of B.C. girls

Shari Greer made a promise to her 11-year-old daughter as she grieved over the girl's grave that she would never give up the hunt for the killer.

Almost 40 years later, Greer says she's still wrapping her head around an arrest made on Friday that brings resolution to her mission.

Mounties in British Columbia revealed Monday they have arrested and charged a 67-year-old Ontario man with first-degree murder in the historic deaths of two young girls, who separately vanished near their homes in the 1970s.

Kathryn-Mary Herbert, 11, disappeared in Abbotsford in 1975, and 12-year-old Monica Jack was last seen in Merritt three years later.

"When this is over, I am going to have a well-deserved breakdown. I will forever hear my heart break," Greer, Herbert's mother, told a news conference after police thanked her for her relentless advocacy over the years.

Officers refused to provide specifics of what led to the breakthrough, saying they brought Garry Handlen into custody without incident in Surrey, although he no longer lives in the province.

Supt. Ward Lymburner, the officer in charge of the special projects unit, said three decades of investigation by multiple police forces combined to pinpoint the same suspect.

"Every time I hear news on the TV about some other little girl or boy disappearing or found murdered, it really hurts me. I know how that feels," said Jack's mother, Madeline Lanaro. "We expect our parents to die but we don't expect our children to die."

Handlen is scheduled to next appear in court on Dec. 8.

THE CANADIAN PRESS

Madeline Lanaro wipes away tears after the RCMP announced an arrest in connection to her daughter Monica Jack's murder in Surrey on Monday.
DARRYL DYCK/THE CANADIAN PRESS

CFB Esquimalt

Canadian sailor charged with trafficking drugs

A Canadian Armed Forces sailor has been charged with trafficking drugs on Vancouver Island, the Department of National Defence revealed Monday.

Leading Seaman Curtis Thiele, 32, who is based in CFB Esquimalt near Victoria, has been charged with three counts of trafficking of a controlled substance and will be tried before a military tribunal, according to a news release from the Department of National Defence.

He is accused of attempting to sell cocaine and heroin in Greater Victoria, said Capt. Joanna Labonte, public-affairs officer for the Canadian Forces.

The charges follow an investigation that started in July this year by military police in Esquimalt and the Canadian Forces National Investigation Service's National Drug Enforcement Team.

Thiele's case will now proceed through the military justice system.

THANDI FLETCHER/METRO

54-page document

First Nations group sets out tough new mining regulations

A group of B.C. First Nations says it has created a detailed set of mining rules that will dictate how resource companies and governments operate in its territory.

The Northern Shuswap Tribal Council, representing four aboriginal bands in the central Interior, says its new mining policy will be applied to all existing, proposed and future projects that impact its traditional territory around Williams Lake.

The 54-page document was developed with the help of experts when the Xat'sull First Nation commissioned the project last year.

THE CANADIAN PRESS

City's homicide rate above national average

Statistics Canada. Gang violence continues to be a key driver in the region's homicide rate

MATT KIELTYKA
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Statistics Canada says the national homicide rate in 2013 was the lowest since 1966, but Vancouver trends higher.

According to a news release from the agency on Monday, the Vancouver census metropolitan area (CMA) reported a homicide rate of 1.72 victims per 100,000 population.

That makes the region the largest CMA where the rate exceeded the national rate of 1.44.

Simon Fraser University criminologist Robert Gordon said the region's numbers were high because of a record 25 homicides in Surrey last year but said the rate can fluctuate greatly from year-to-year.

Case in point: Surrey RCMP say there have been just 14 homicides to date in 2014.

"It's tricky because (the Statistics Canada) numbers are already 11 months old. I think people should be fairly happy that the homicide rate is dropping in Canada. It mirrors what we've seen with the overall crime rate," said Gordon, attributing a decrease in overall crime to an aging population.

Gang violence continues to be a key driver in the region's homicide rate.

According to Statistics Canada, British Columbia has the second-highest gang-related homicide rate in the country (0.59), behind Manitoba (0.63).

The two provinces were also the only ones where the number of gang-related homicides actually increased compared with 2012.

Dealing with gang-related crime was a key election issue in Surrey during last month's municipal election and new Mayor Linda Hepner has vowed to hire 147 new RCMP officers to improve public safety.

But Gordon questioned whether flooding the streets with more patrol officers would have an impact on homicide rates.

"It's not intelligent deployment, adding new officers doesn't have much of an impact on rates," he said, adding it will take new recruits years to operate effectively.

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Boat commute. SeaBus takes maiden voyage across Burrard Inlet

Metro Vancouverites who commute by boat started their week sailing on a brand new SeaBus.

The Burrard Otter II celebrated its maiden voyage from the North Shore to downtown Vancouver during Monday morning's commute.

The $21-million passenger ferry will replace the original Otter, which launched in 1977 and is slated for retirement once the other SeaBus, the Burrard Beaver, is retrofitted.

About 16,000 people use the SeaBus daily.

"The SeaBus is a key connector for travel within our region," Metro Vancouver Regional District chair Greg Moore said in a statement. "Investment in new and improved infrastructure will be critical to addressing the ongoing challenges of traffic and transit congestion and population growth in Metro Vancouver."

The federal government covered the lion's share of the cost ($19 million) through the Gas Tax Fund, and TransLink funded the remainder.

EMILY JACKSON/METRO

Passengers check out the view from the new SeaBus, the Burrard Otter II, on its maiden voyage to downtown from the North Shore. TWITTER

Court

Expert testifies the target of B.C. police sting has mental capacity of child

A jury has heard that a British Columbia man who admitted to undercover police officers that he killed his girlfriend has the intellectual capacity of a young child.

Robert Balbar, who is 42, is on trial for second-degree murder in the 2003 slaying of Heather Hamill.

Forensic psychologist Hugues Herve testified Balbar underwent two rounds of testing that determined his intellectual functioning was below the first percentile.

That means Balbar scored worse than more than 99 per cent of people would score if tested.

The body of Hamill, who was 31, was found floating in the North Thompson River on Aug. 1, 2003.

Balbar, who is from Kamloops, wasn't arrested until late 2007, after a three-month undercover RCMP Mr. Big operation.

"His ability to read words placed him at a Grade 2 level and his reading comprehension was below the kindergarten level," Herve testified Monday.

THE CANADIAN PRESS

Canadians' future 'hangs in the balance': Prentice

Alberta's premier is urging the country to get behind several controversial pipeline projects linked to the province's oilsands, warning that all Canadians will "feel the pain" if they aren't approved and built soon.

Premier Jim Prentice told a business audience in Vancouver that energy development such as Alberta pipelines, B.C. liquefied natural gas terminals and Quebec hydroelectric developments will be at the heart of Canada's economic future.

In particular, Prentice said the country's existing pipelines will be full by the end of the decade. Without increased capacity, producers would be forced to sell Canadian oil at deep discounts, he said, which in turn would eat into government royalties and taxes.

"So it's realistic to look ahead and to say Canada's public services will feel the pain if and when we allow this to happen," Prentice said during an event hosted by the Vancouver Board of Trade.

"In fact, all Canadians will feel the pain as and when this begins to happen."

The premier pointed to the Northern Gateway, Trans Mountain, Keystone XL and Energy East pipelines, which he described as "nation-building."

Prentice was sworn in as Alberta's premier in September, and he inherited the increasingly difficult task of selling new pipeline projects to the rest of Canada.

The premiers of B.C., Ontario and Quebec have all attached conditions for any pipelines crossing their provinces.

Premier Christy Clark has long maintained that projects such as Enbridge's Northern Gateway pipeline and Kinder Morgan's proposed expansion of its Trans Mountain line would need to meet several criteria, including robust spill response, First Nations approval and a "fair share" of benefits for B.C.

THE CANADIAN PRESS

Alberta Premier Jim Prentice
DARRYL DYCK/THE CANADIAN PRESS

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Storage facility for homeless up for grant

The storage facility at First United Church has been operating at full capacity since first opening in 2009.
CONTRIBUTED

National competition. Service stores homeless people's belongings so they can go to work, access community services

Store it in the great ideas bin.

A Vancouver service that provides storage space for homeless people's belongings has reached the semi-finals of the Aviva Community Fund's national ideas competition, which awards a total of $1,000,000 to deserving community projects throughout the country.

First United Church opened its first storage facility in 2009, allowing homeless people to store their belongings in a secure place as a solution to a major problem preventing them from accessing community services.

"There are a lot of resources in the Downtown Eastside available to people, but what to do with personal belongings can be an immense barrier to accessing those," said First United spokesperson Heather Forbes. "You can't just bring a shopping cart to a job interview, you wouldn't even make it past the front door."

Forbes said many people are also reluctant to access community services, such as shelters, because it means leaving their belongings behind and risking having them stolen.

So the church repurposed unused parking space and created a secure, 200-bin storage facility where people can check in belongings for the day and go about their business.

"It's been quite successful," said Forbes. "There are people (who) drop off items in the morning and go to work for the day."

The problem now is that there isn't enough space to meet demand, and the 200 bins fill up quickly.

"We're sadly having to say no to people every day," said Forbes.

That's where she hopes the Aviva Community Fund can come in.

You can help!

Voting is open at avivacommunityfund.org and more information about the storage facility can be found at firstunited.ca.

If their bid is successful, a $50,000 grant would cover the facility's operating costs for a full year, allowing First United to possibly expand service.

MATT KIELTYKA/METRO

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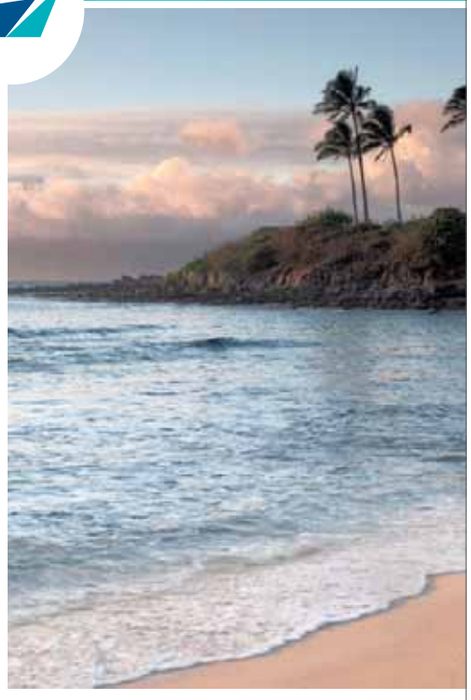

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Putting the 'fun' in ... the park board

Not playing. Re-elected commissioner says people 'should feel good about what the park board does'

EMILY JACKSON
emily.jackson@metronews.ca

John Coupar wants to "put the fun back" in the Vancouver park board.

The Non-Partisan Association park board commissioner — the only commissioner who was re-elected to the board formerly dominated by Vision Vancouver — outlined his team's priorities for the next four years as the new NPA-dominated group prepared to be sworn in Monday night.

First things first: he wants to move on from a year marked by tensions at community centres and over cetaceans in captivity at the aquarium.

"The park board should almost be like Disneyland; we're doing the fun stuff and we should make it fun," Coupar said. "People should feel good about what the park board does. That's my goal."

But to do so, he recognizes the board will need to improve its relationships with the community centre associations. The volunteer associations have been mired in negotiations with the board over their joint operating agreements — six are in a legal battle over the proposed changes — but Coupar believes they're edging closer to a solution after mediator Vince Ready was called in for a chat.

"There has been progress made," he said. While this happened under Vision's watch, Coupar believes "a new tone will change the dynamic a bit."

The Hillcrest Riley Park community centre association has been involved in legal action against the Vancouver park board. EMILY JACKSON/METRO

Quoted

"The park board should almost be like Disneyland; we're doing the fun stuff and we should make it fun." John Coupar, Vancouver park board commissioner

His next priorities are to bring the "shine" back to the parks and gardens, work with partners such as the tourism industry to promote the city's attractions and get work moving quickly on the Killarney seniors centre.

The NPA's longer-term goals are to build additional outdoor swimming pools and to improve the condition of the city's fields.

Coupar said he is excited to work with all members of the new board, including those from the Green Party and Vision.

Board to quash ban: Coupar

The newly elected park board has no intention of throwing a lifeline to the floundering bylaw banning cetacean breeding at the Vancouver Aquarium.

"We have a lot of other priorities at this point," re-elected Non-Partisan Association park board commissioner John Coupar said Monday.

Instead of following the former park board's recommendation to hold further public consultation on the controversial breeding ban in 2015, the NPA-dominated board intends to maintain the status quo at the aquarium, Coupar said.

The review conducted this summer was "helpful," he said, but he doesn't think an additional review of the bylaw next year is necessary.

"I think that review was conducted early," Coupar said.

Nor does the NPA board intend to follow the old board's suggestion to form an oversight committee for the aquarium. Both suggestions in the staff report will go on the back burner, Coupar said.

Coupar doesn't think the ban should be the top story and believes people are responding to misinformation about the aquarium's practices. He plans to focus on the relationship with community centres, keeping parks pristine and building additional recreation infrastructure. EMILY JACKSON/METRO

The Vancouver Aquarium's beluga Qila. DARRYL DYCK/THE CANADIAN PRESS

Right to housing. Landmark charter challenge quashed

Ontario's Court of Appeal has quashed a landmark charter challenge on the right of homeless Canadians to affordable housing.

But the divided decision by the three-judge panel, released Monday, leaves the door open to an appeal to the Supreme Court of Canada, say lawyers who launched the case in 2010 on behalf of four homeless and precariously housed Torontonians and an affordable-housing advocacy group.

Janice Arsenault, a formerly homeless woman named in the case, and other applicants say Ottawa and Queen's Park are violating their charter rights to equality and "security of the person."

As a remedy, they are seeking a court order requiring the provincial and federal governments to develop provincial and national housing strategies.

But in her ruling for the majority, Justice Janice Pardu said their request "takes the court well beyond the limits of its institutional capacity."

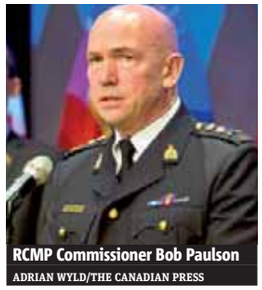
The Superior Court justice who ruled in September 2013 against the case going before a full hearing "was correct," she added.

Justice Kathryn Feldman, however, said the case raises important charter questions that "should be put before the court."

TORSTAR NEWS SERVICE

Shooting. Bibeau video may not be released: RCMP

A video made by Michael Zehaf Bibeau before he staged his attack on Parliament Hill in October may not be released to the public after all, RCMP Commissioner Bob Paulson said Monday.



RCMP Commissioner Bob Paulson
ADRIAN WYLD/THE CANADIAN PRESS

The opposition New Democrats and Liberals criticized the top Mountie for withholding information that they say is in the public interest, especially since he has already spoken about it publicly.

But Paulson told a news conference on Monday that investigators still need a chance to complete a full investigation of the video, which police recovered in the wake of the deadly Oct. 22 rampage.

Paulson has said in the past that the video laid out Zehaf Bibeau's reasons for the attack, which took the life of Cpl. Nathan Cirillo as he stood sentry at the National War Memorial. Zehaf Bibeau himself was killed moments later in a gunfight inside the Centre Block building on Parliament Hill.

The commissioner had also indicated he wanted to see the video released publicly, but he now says that won't happen. Some version of its contents, such as a transcript, could be released later, he said.

Paulson earlier told a Senate committee that the video laid out a rationale for the attacks that was rooted in Zehaf Bibeau's religious beliefs and opinion of Canada's foreign policy. THE CANADIAN PRESS

Israeli-Canadian soldier

Woman may not be captured after all, says official

The federal government is now working on the assumption that the reported abduction of an Israeli-Canadian woman by Islamic militants may in fact be false, said a government official, who was not authorized to speak on the record. Several unconfirmed social-media reports suggest that the woman is free and OK.

THE CANADIAN PRESS

Tories vs. Grits

Saga of secret audio recording continues

The latest episode of C.S.I. Canmore involves duelling forensic audio experts. Geoffrey Stewart Morrison, an academic and forensic audio specialist, is questioning analysis that backed the Conservatives' version of who said what in a secretly recorded conversation the party has used to pillory Marlo Raynolds, the Liberal candidate in Banff-Airdrie.

THE CANADIAN PRESS

Grant Zazula, a paleontologist in the Yukon Paleontology Program, takes samples from mastodon fossils to be sent for radiocarbon dating in this undated handout photo. He is the lead author on a study that found the bones were almost 60,000 years older than first believed.
YUKON PALEONTOLOGY PROGRAM/HANDOUT/THE CANADIAN PRESS

Scientists revise mastodon theory

Extinction. Researchers believe the animals, which roamed the Yukon and Alaska, died due to global cooling

Scientists who re-examined the fossils of mastodons that once roamed what is now the Yukon and Alaska have changed their thinking and now believe global cooling probably wiped out the ancient cousin of the elephant.

Earlier estimates dated the mastodon bones at about 14,000 years old, but a paleontologist in the Yukon Paleontology Program says radiocarbon dating now puts the fossils at about 75,000 years old.

Grant Zazula says that instead of dying off at the end of the ice age as first believed, mastodons are more likely to have migrated to the area during a warming trend.

Zazula was the lead author of a mastodon study published this week in the scientific journal Proceedings of the National Academy of Sciences.

He says scientists always believed the dating of the fossils was suspect because it placed the animals in a time interval when it was incredibly cold in the north — at the height of the last ice age.

"We know that mastodons — which are relatives of mammoths and elephants — are not really well adapted to cold conditions because their behaviour and their preferred habitats are forests. They eat forest-type plants," Zazula said.

Experts have always debated what drove so many of the animals to extinction around the same time.

One theory is that when humans moved in, they hunted the animals to extinction. Another theory suggests climate change at the end of the ice age wiped out dozens of species.

But the dating of the mammoth bones predates both those occurrences, Zazula said.

"We actually learned — based on what we know of mastodons' preferred habitat — they were actually probably killed off by global cooling, rather than global warming."

Zazula said temperatures before the extinction were probably close to conditions we have today.

"A number of these animals, mastodons specifically, migrated northwards, established populations and then they were subsequently wiped out because it got cold again."

The discovery is another piece in the puzzle over the disappearance of the massive creatures. It also raises more questions about the extinction of other animals presumed to have been part of an extensive die-off at the end of the ice age, Zazula said.

He said there are interesting similarities between now and warm periods in between past ice ages. THE CANADIAN PRESS

Prentice urges national co-operation on pipelines

Alberta Premier Jim Prentice
THE CANADIAN PRESS

Alberta's premier is urging the country to get behind several controversial pipeline projects linked to the province's oilsands, warning that all Canadians will "feel the pain" if they aren't approved and built soon.

Premier Jim Prentice told a business audience in Vancouver that energy development such as Alberta pipelines, B.C. liquefied-natural-gas terminals and Quebec hydroelectric developments will be at the heart of Canada's economic future.

In particular, Prentice said the country's existing pipelines will be full by the end of the decade.

Without increased capacity, producers would be forced to sell Canadian oil at deep discounts, he said, which in turn would eat into government royalties and taxes.

The premier pointed to the Northern Gateway, Trans Mountain, Keystone XL and Energy East pipelines, which he described as "nation-building."

The premiers of British Columbia, Ontario and Quebec have all attached conditions for any pipelines crossing their provinces. THE CANADIAN PRESS

Following allegations

Cosby cuts ties with Temple University

Bill Cosby resigned Monday as a trustee of Temple University following a string of allegations that accused him of drugging and sexually assaulting women over many years.

The 77-year-old entertainer has been a cheerleader of his beloved alma mater and a board member since 1982.

"....I have always wanted to do what would be in the best interests of the university and its students. As a result, I have tendered my resignation from the Temple University Board of Trustees," Cosby said in a statement released by the university.

THE ASSOCIATED PRESS

Ebola

Liberia, Guinea meet targets

Liberia and Guinea have met a Dec. 1 target for isolating 70 per cent of people infected with Ebola and safely burying 70 per cent of those who die but Sierra Leone has not, the World Health Organization said Monday.

Only last week, the UN health agency said only Guinea was on track to meet the targets for getting the Ebola outbreak under control in the three hardest-hit West African countries.

But at a news conference in Geneva, WHO's Dr. Bruce Aylward said Sierra Leone probably met targets in the west of the country, and will likely reach them nationwide in the coming weeks.

THE ASSOCIATED PRESS

'Hands up. Don't shoot!'

Ferguson. Protests on football field, at workplaces and in classrooms

Five NFL players entered the football field with their hands raised. A day later, Americans walked out of work or school showing the same gesture of solidarity with Ferguson protesters, after a grand jury decided not to indict the white officer who shot and killed Michael Brown, an unarmed black 18-year-old.

The pose has come to symbolize a movement, even though witnesses offered conflicting accounts of whether Brown had his hands up in surrender when he was killed by Darren Wilson.

Protests turned violent last week in the St. Louis area after a grand jury decided not to indict Wilson for shooting Brown during an August confrontation that had inflamed racial tensions across America.

The power of the symbol was evident again Monday. Protesters across the U.S. walked off the job or away from class in support of the Ferguson protesters. Walkouts took place in New York, Chicago, San Francisco and elsewhere.

At the University of Missouri-St. Louis, not far from Ferguson, about 30 students chanted "Hands up. Don't shoot!"

The exact circumstances surrounding Brown's death will forever be in dispute.

Wilson told the grand jury that he shot Brown in self-defence. But several witnesses said Brown had his hands up in surrender. Within hours, "Hands Up. Don't Shoot!" became the rallying cry for protesters. THE ASSOCIATED PRESS

Monday

U.S. President Barack Obama proposed a three-year, $263-million spending package to increase use of body cameras, expand training for law enforcement and add more resources for police reform. The package includes $75 million for the small, lapel-mounted cameras to record officers on the job. The White House has said the cameras could help bridge deep mistrust between law enforcement and the public.

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Hong Kong police clash with pro-democracy protesters

In this Monday photo, a protester is arrested by police officers outside government headquarters in Hong Kong as pro-democracy protesters try to surround the headquarters, stepping up their movement for genuine democratic reforms after camping out on the city's streets for more than two months. An electoral pummeling for Taiwan's pro-Beijing ruling party and a new spike in pro-democracy protests in Hong Kong have delivered a reality check to Chinese President Xi Jinping just when he was riding a wave of high-profile diplomacy.

VINCENT YU/THE ASSOCIATED PRESS

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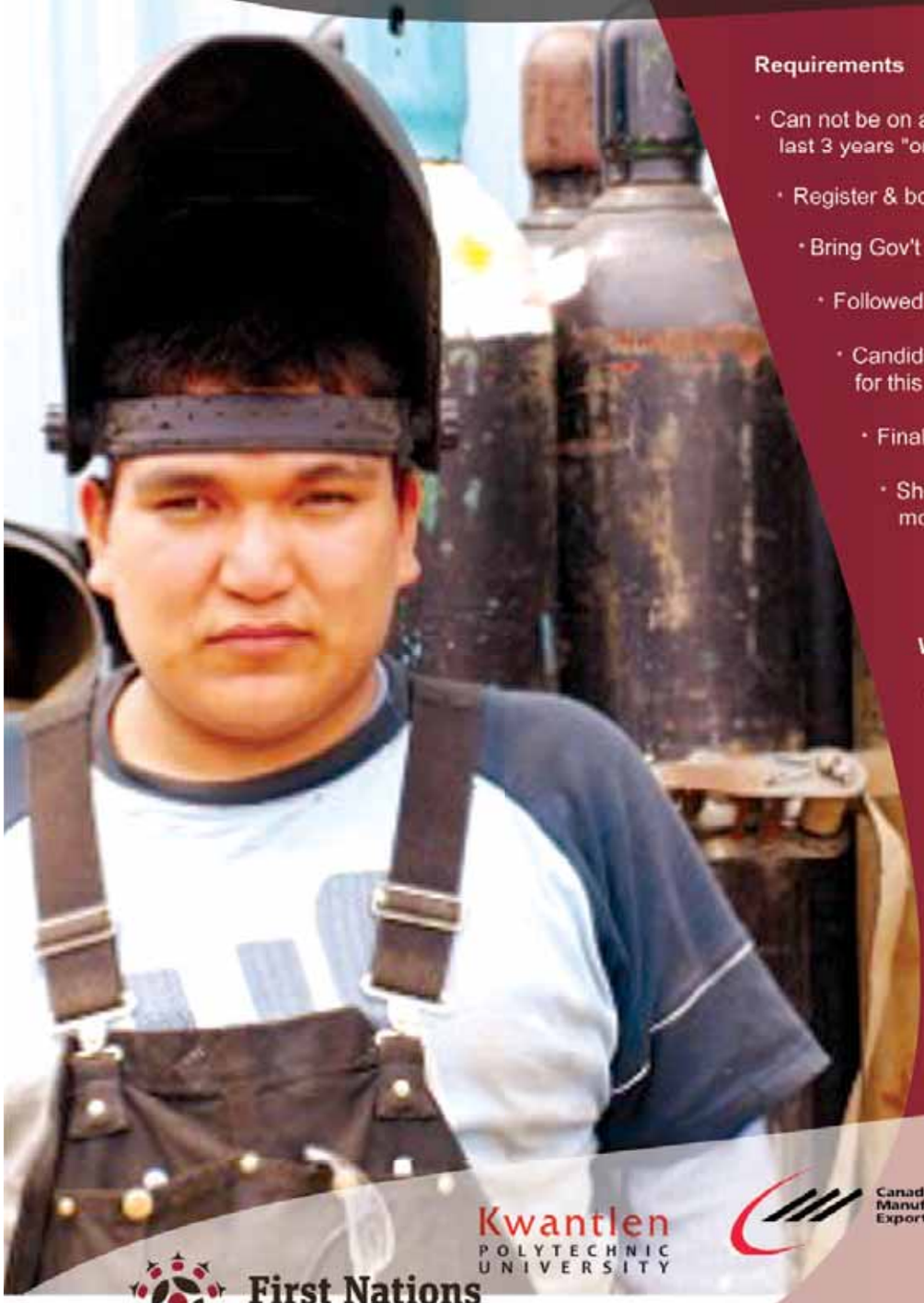

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Life and debt after work

Home equity.
Ten per cent of polled expect to refinance home for retirement

Canadians may dream of retiring debt-free, but research done for Manulife suggests nearly 20 per cent of homeowners expect to lean on the value of their homes to finance life after work.

An online survey conducted for the financial services company found about half of the 2,373 respondents expected to still be in debt when they retire.

Of those polled, 10 per cent planned to borrow against their current homes, while about eight per cent were looking to downsize and use money from the sale of their home as income.

Using home equity as a "fallback plan" suggests some Canadians are struggling to balance retirement with paying down debt, Manulife Bank CEO Rick Lunny said in an interview.

"If people think they're going to take out second mortgages and larger mortgages when they retire, that's a pretty concerning view and evidence of no financial plan whatsoever," Lunny said.

Manulife's findings come after years of warnings from the Bank of Canada and the federal Finance Department that many people are still amassing too much debt.

Throw in concerns that Canada's housing market may be overpriced, and the likelihood that interest rates will rise in the coming years, and several additional levels of risk could be introduced into the financial equation.

"Canadians have been lulled into this sense of security because they're paying three per cent or less on their mortgages, but that could change very quickly," Lunny said.

Taking advantage of housing wealth in retirement isn't necessarily a bad decision, suggested Thomas Davidoff, an assistant professor at the Sauder School of Business in Vancouver.

"It really depends on how important it is for you to leave wealth to your heirs, and how nervous you are about surprise expenditures."

THE CANADIAN PRESS

Night of the living debt

The Manulife survey also found that many still struggle with financial literacy. For example, one-quarter of respondents didn't consider mortgages or auto loans to be part of their overall debt. Older respondents were less confident in their retirement goals and about half planned to continue working full-time or part-time to extinguish their debt.

Selling internet cookies

Girl Scouts Bria and Shirell practice selling cookies on one of two new digital platforms. For the first time in nearly 100 years, Girl Scouts of the USA is allowing its young go-getters to push their wares using a mobile app or personalized websites. THE ASSOCIATED PRESS/GIRL SCOUTS OF THE USA

TFW program

Foreign workers need path to permanence: CFIB

The Canadian Federation of Independent Business is calling on Ottawa to replace its controversial temporary foreign worker program with a visa that would provide a path to permanent residence for entry-level employees from abroad.

THE CANADIAN PRESS

Market Minute

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Jobs' posthumous words to be heard in proprietary trial

A billion-dollar class-action lawsuit over Apple's iPod music players heads to trial on Tuesday in a California federal court after nearly a decade in legal wrangling.

Attorneys for consumers and electronics retailers claim Apple Inc. used software in its iTunes store that forced would-be song buyers to use iPods instead of cheaper music players made by rivals. The software is no longer used, but the plaintiffs argue that it inflated the prices of millions of iPods sold between 2006 and 2009 — to the tune of $350 million. Under federal antitrust law, the tech giant could be ordered to pay three times that amount if the jury agrees with the estimate and finds the damages resulted from anti-competitive behaviour.

Underscoring the case's hoary origins — it was filed in January 2005, which is eons ago by Silicon Valley standards — one of the key witnesses will be legendary Apple CEO Steve Jobs, who died in 2011 but will be heard in a videotaped deposition.

The case harkens back to the early days of digital music and portable devices, when Apple quickly became the world's biggest legal seller of downloaded songs after launching its iTunes store in 2003. By agreement with major record companies, which were wary of unauthorized copying and file-sharing services like Napster and Kazaa, Apple encoded the songs sold through iTunes with "digital rights management" software that prevented unauthorized copying. The same software, known as FairPlay, was also built into iPods.

But Apple's FairPlay was incompatible with anti-copying code used by other online music sellers, such as the RealPlayer Music Store operated by RealNetworks, an Internet streaming company based in Seattle. As a result, songs from rival online stores could not be played on iPods, and songs purchased on iTunes could not be played on competing portable devices, including Microsoft's Zune and Diamond Multimedia's Rio music player.

THE ASSOCIATED PRESS

The wheels of justice

"The fact that this case is still going 10 years later is a sign that technology often outpaces law."
Mark Lemley, Stanford law professor

Data theft.
Inside info to play market

The cybersecurity company FireEye has unearthed a team of email intruders that snoop through the correspondence of company executives who may possess market-moving information.

FireEye said the team has carried out attacks against nearly 100 publicly traded companies or their advisory firms in possible attempts to play the stock market.

FireEye said the group sends convincing "phishing lures" to its targets. The lures entice their targets into opening a document and entering their credentials, gives the group access to private email correspondences.

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VOICES

VALERY HACHE/AFP/GETTY IMAGES

Last week the Vancouver Park Board narrowly voted against a proposal to ban captive breeding at the city's aquarium. Metro's Kristen Thompson talks to a cetaceans' rights activist and an aquarium biologist for their take on keeping whales and dolphins in captivity

BREEDING PROGRAMS NO EXCUSE NOT TO FREE WILLY

Jeremy Larivee runs an animal rights group called Ocean Voice in London, Ont., with a focus on issues pertaining to whales and dolphins.

What's your opposition to keeping whales and dolphins in captivity? These are sentient beings that are highly sophisticated and have complex family structures. Dolphins swim (up to) 100 miles a day as pods.

They range multiple miles in a day, they hunt, they play in the open ocean. Yet we have ... two or three in tanks that are 24 feet across (and made of) glass. Exhibits don't resemble their natural habitat. They have no rocks. They get fed dead fish. They don't even get to hunt. You are taking away their basic instincts. And it's all for human entertainment.

What are your thoughts on the push to ban breeding in captivity? Captivity of these creatures must end whether they are wild caught or captive-bred.... With captive breeding it's still (producing) a sentient being.

They are empty shells of what they should be in captivity.

Would a ban go far enough? The ban would help put an end to these animals (being) in captivity, but bottom line is we need to start looking at them as self-aware beings and they have their own lives that we have stolen from them.

Is there a valid need for cetaceans in captivity in some cases? If it was a true rescue. To me it (would be) bringing the animal in, rehabilitating it, and re-releasing it into the environment. If it can't (be re-released), why can't we move to a sanctuary model in the ocean where they feel the natural rhythms of the tide, the water, what it feels like to be in the ocean? Study them in their natural habitat. If you study them in captivity you are going to get a completely different outcome.

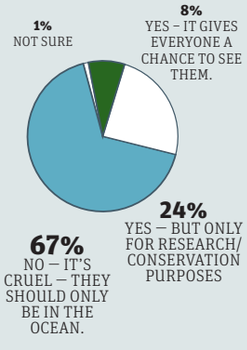
People often compare places like MarineLand with aquariums. Do you think there are differences or are they equally harmful? Personally they are both exploiting animals for human entertainment. We need to look at alternative ways to learn about these animals. You can learn more by watching a documentary or go on whale watching tours and see these majestic animals in their natural environments.

Aquarium facts

The Vancouver Aquarium describes itself as a non-profit conservation organization deeply committed to conserving aquatic life.

- It doesn't capture wild whales or dolphins for display, and only cares for cetaceans (whales, dolphins and porpoises) that were born in captivity, or were rescued from the wild and deemed non-releasable.

WE ASKED:
SHOULD WHALES & DOLPHINS EVER BE KEPT IN CAPTIVITY?


1%
NOT SURE
8%
YES – IT GIVES EVERYONE A CHANCE TO SEE THEM.
24%
YES – BUT ONLY FOR RESEARCH/ CONSERVATION PURPOSES
67%
NO – IT'S CRUEL – THEY SHOULD ONLY BE IN THE OCEAN.

CLIMATE CHANGE MAKES RESEARCH CRUCIAL

Dr. John Nightingale is a biologist and the president and CEO of the Vancouver Aquarium.

Why is there a need to keep cetaceans in captivity? The Arctic (is) being impacted by the changing climate and other human activities at an unprecedented rate.

This is having an impact on the entire natural ecosystem in a part of the world with very few scientists or scientific institutions. Impacts of noise on beluga social structure, the role of human-generated contaminants and pollutants, and changes in food supply are just three areas where Vancouver Aquarium's research is needed to understand impacts and to predict what is likely to happen to these species and populations in the future.

(Our work) has led to groundbreaking research that bridges from the aquarium to the wild. Dr. Valeria Vergara's work in the aquarium on mother and calf contact calls, which she has currently applied with wild beluga whales in Canada's Arctic, is effective because techniques and analysis were worked out at the aquarium first. This research may help save Canada's belugas as they are threatened by impending shipping traffic and related shipping noise.

What would be the ramifications of a breeding ban? A breeding ban, imposed for political reasons, would be a step backward and would limit the aquarium's ability to provide ever-improving animal care.

It would impact future learning to expand professional skills, such as rescue and rehabilitation. Vancouver Aquarium's Marine Mammal Rescue Centre team (could) no longer continue to develop important techniques needed to help save cetaceans.

What misconceptions do people opposed to cetaceans in captivity have? Each aquarium has a unique mandate. Vancouver Aquarium's (staff) have five decades of experience in cetacean care, research and rescue efforts. The decision on how to continue with Canada's cetacean research and rescue efforts should be left in the hands of Canada's experts and based on facts and science. By all measures — behaviour, stress and other medical tests, and general activity — beluga whales in our care are thriving.

The spectacle of sport: This is the modern game, folks

PAUL SULLIVAN
readers@metronews.ca

There's a line. And somebody always crosses it.

For me, it's ice girls at NHL games. Nothing more readily demonstrates the low to which pro sports will go than dressing up a bunch of young women in bikinis and sending them out onto the ice on skates with shovels to clean up around the goalie nets during stoppages in play.

I'm not sure who started it, but nearly every team in hockey now exploits its own ice girl squad, presented in varying degrees of absurd, degrading skimpiness.

It's as if the owners are consumed with anxiety that their sport, at least in its unadorned state, is boring, so they have to extreme-tart it up. Fans can easily pay $800 for a pair of tickets, so we need to give them their money's worth.

There's not a second of dead air. The moment Phil Kessel

Not a second of dead air

It's as if the owners are consumed with anxiety that their sport, at least in its unadorned state, is boring ...

ices the puck, the ice girls come flouncing out, shovels at the ready. Meanwhile, some DJ is using an airgun to fire treats such as rolled up T-shirts into a rabid crowd screaming "Gimme Dat" so loud it drowns out "Go Team Go".

I'm amazed that nobody seems to mind paying $800 to be so infernally distracted. Not only do they not mind, fans and players are willing co-conspirators. Fans are strategically rude to the visiting team, and proud of it. In Seattle, the idea is to make so much noise that the other NFL team can't hear itself call the play, so the players end up violating the rules of procedure in various complicated ways.

Football players, all of whom make more money than you or I will ever see in our lifetimes, like to celebrate doing their jobs with all kinds of dances and pantomimes. It's as if I just finished that last sentence and liked the phrase "dances and pantomimes" so much I did the bird dance around the desk while squawking "I am the greatest."

Of course, every square inch of the arena or stadium not required for crowd control or used in the actual game is plastered with advertising. The innovation of electronic signage makes it possible to bombard the senses with hundreds of flashing images of sequential sponsors.

About the only throwback to the good old days is when a fight breaks out on the ice.

Say what you will about all these newfangled innovations, but give me the spectacle of 19,000 people screaming as one for blood. Now that's hockey.

metro
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She & Him swap notes

Music. Zooey Deschanel and M. Ward, a.k.a. She & Him, talk tough cover songs as the duo release their new collection, Classics

Zooey Deschanel, left, and M. Ward from She & Him. AUTUMN DEWILDE/THE FUN STAR/THE ASSOCIATED PRESS

The musical duo She & Him — that's Zooey Deschanel and M. Ward — convened a 20-piece orchestra to make Classics, a collection of songs written between 1930 and 1974.

It's an eclectic list of compositions popularized by the likes of Frank Sinatra, Herb Alpert, the Righteous Brothers and Dusty Springfield. So we thought it would be fun to talk to the artists about songs that stick out in their minds for various reasons.

A song you'd like to cover but intimidates you

Ward's choice: This Is Radio Clash by the Clash. It's one of his favourite bands, but he doesn't think it's in his vocal range. "There is a certain attitude to their music, and to the Ramones' music, that I think is untouchable," he said.

Deschanel's choice: Paris 1919 by John Cale. "I don't think I could pull it off," she said.

A song from the last 20 years or so that will someday been seen as a classic

Deschanel's choice: Open up Your Door by Richard Hawley. She also loves Hawley's Tonight the Streets Are Ours. "I'm a huge fan," she said.

Ward's choice: Kool Thing by Sonic Youth. He's moved by the guitar and contribution from Public Enemy's Chuck D. "The future of music is combining things that don't

really belong together," he said. "That's what the best artists have been doing since time began."

A song that's been unfairly trapped in its time

Ward's choice: Lovers Rock by Sade. "The record is pretty timeless, and I think she gets put in a bubble of '80s music because of Smooth Operator," he said.

Deschanel's choice: I Like It by DeBarge. "The song is really well written and versatile. I think it would actually make a great country song," she said. Honorable mention is Mariah Carey's All I Want for Christmas Is You. "I would really like to hear it without those keyboards."

The hardest song you've ever had to sing

Deschanel's choice: Sleigh Ride, written by Leroy Anderson. (The Andrews Sisters recorded the first vocal version in 1950.) "It seems like it would be simple, but it changes keys twice in the bridge so it's quite difficult," she said. "In spite of its trickiness it's worth it because it's a fantastic song."

Ward's choice: The Red and the Black by Blue Oyster Cult. He still has nightmares about the time Mike Watt invited him onstage to cover it, and it turned out to be much faster than he remembered.

Favourite song to do from the new album, Classics

Ward's choice: Oh No, Not My Baby, written by Gerry Goffin and Carole King. "It's my favourite blend of strings and brass that I've ever produced," he said. "It reminds me of some of my favourite productions by George Martin or Phil Spector — producers whose music I could listen to forever."

Deschanel's choice: Unchained Melody, written by Alex North and Hy Zaret. Recording vocals with the Chapin Sisters made it a treat. "We recorded it live with three microphones in the same room and did only one take," she said. "There's something very special about not just recording a song, but a single moment in time as well." THE ASSOCIATED PRESS

Listen to this

SOUND CHECK
Alan Cross
scene@metronews.ca

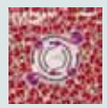
Do the Damage / Noel Gallagher's High Flying Birds

The elder Gallagher's next album won't be out until March, but we've already been granted a second look at what it might sound like. If Do the Damage is any indication of what's coming, all should be well.

Around Again / Phil Selway

Radiohead has just started recording their new album. Meanwhile, though, their drummer is trying to do a Dave Grohl — and damn if this isn't some fine stuff. The video is very, very pretty, too.

Knock You from Yr Mountain / Elephant Stone



This Montreal band is now up to their third album and I've enjoyed every one. Please let The Three Poisons be their breakthrough.

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There will be no cowboy hats for this Canadian country star

Interview. Singer Dallas Smith finds success in staying true to himself and not picking up personas

"People can smell things that are contrived a mile away," says Dallas Smith about refusing to dress the part of a cowboy as part of his country singing act. CONTRIBUTED

If you're waiting for Dallas Smith — erstwhile Default frontman turned fast-rising idol of Canadian country — to begin pandering to Nashville stereotypes, well, you're wasting your time.

"People can smell things that are contrived a mile away," the 36-year-old Langley, B.C., native said this week in a telephone interview. "That's why you'll never see me in a cowboy hat. It's just not me. It's not who I am. People can smell that.

"I'm glad I didn't try to pretend I'm something I'm not."

The authentic approach has certainly seemed to work thus far for Smith, who's now carried eight different tunes to the Top 10 of Canada's country singles chart.

He has just released his polished sophomore effort Lifted, a concise compilation of rollicking good-time country where the guitars are heavy and the lyrical themes are always light. The release comes 13 years after Smith's first act, when he led sludgy post-grungers Default to platinum sales on both sides of the border with the hit single Wasting My Time.

As he prepares for a Canadian tour in January and just wrapped a performance at Sunday's Grey Cup in Vancouver, Smith talked about leaving songwriting to the professionals and missing his infant daughter on the road.

Bye-bye, baby

Smith is tackling a winter tour while leaving his baby daughter at home and he has nothing but praise for his wife. "I got a great teammate at home. She's fantastic. When I leave, as far as emotional support or helping out around the house, (my wife) is a single mom. She's a champ. She's such a great mom and baby girl is doing good. It's tough being gone."

Your vocals really stand out on Lifted, especially if you compare them to your work with Default. What's changed in your singing?

I've learned that it's OK to fail. I'm trying new things. If you listen back to it, it sounds ridiculous what I'm doing sometimes, but I try to find my voice and emote differently.

With the Default stuff, I was so afraid of making mistakes as a singer — so I was technically good, but all those neat mistakes and the cracks and the pops and the things you don't mean to do, those are the great moments in a vocal take. I've learned to let that stuff go. Don't worry about sounding like an ass — something cool might come out of it.

All the songs on Lifted were written by others. Why did you go that route, rather than putting your own songs in the spotlight?

I'm a "best song wins" kind of guy. At the end of the day, I want to release records that don't have filler in them — songs aren't on there based on ego or pride.

The way you attack the wordy chorus of Tippin' Point, there's almost a trace of a rap influence...

It's a bunch of triplets, right? As soon as you start doing that, people say it's rap. It's just staccato. It's just a little aggressive. I knew as soon as I was bunching some of those words up, people would call it rap.

THE CANADIAN PRESS

Frank Ocean drops new track

Grammy-winning R&B singer Frank Ocean released the new track Memrise on his Tumblr to plenty of blogger buzz.

Memrise constitutes Ocean's first solo music since his 2012 Grammy-winning debut album Channel Orange, and it has fans and reviewers speculating about when his sophomore album might come and what it might sound like.

BLARE writes, "though it barely clocks in at two minutes, it's a joint that playfully flirts with reverb, keys, and the simple things. It also finds Ocean putting his eloquent wordplay to work as 'I never forget a face/ Don't go plastic on me' is just gold."

Mixtape Maestro says, "the stripped-back, bare-bones song is all shades of artsy abstract, but fuelled by the poetic allure we've come to know and love from Ocean (and our own desire to hear any new Frank no matter the sound), it's a cruel tease that's oh-so-worth the time, sparking our hopes a million-fold of a sophomore full-length arriving sometime sooner rather than later."

AFP

Frank Ocean's new track has people speculating when he might release a sophomore album. GETTY IMAGES

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Prolific producer David Foster ramping up repertoire at 65

Interview. Man behind some of the greatest musical acts has compilations, TV projects planned

David Foster recently celebrated his 65th birthday and — given that the Victoria-reared producer-to-the-stars has more connections than a discount transcontinental flight — it's tempting to imagine the guest list at his party.

But imagining is all we can do, given that the 16-time Grammy winner wouldn't bite on a recent invitation for name-dropping.

"No," he replied when asked to reveal a few of the names on hand for his celebration. A twinkle in his eye, he then added: "But if you can think it, they were there. How's that?"

And having reached the age that many begin seriously pondering retirement, Foster is instead focused on further expanding his resumé into every conceivable corner of the entertainment industry.

Now the chairman of Verve Music Group (with a roster that includes Andrea Bocelli, Smokey Robinson, Sarah McLachlan and Barry Manilow), Foster is juggling an ambitious slate of music, television, film and stage projects, including but not limited to: a just-released Starbucks compilation of Foster's most memorable Christmas productions, from the likes of Michael Bublé, Celine Dion and Mary J. Blige; a third installment in his Emmy-winning Hit Man PBS specials to be taped in February, based not on his own music, but music he loves; and, perhaps most improbably, a Broadway musical based on voluptuous cartoon pin-up Betty Boop for which Foster has written 25 songs.

"It looks really promising — the music is almost done," he said, before adding with characteristic directness: "We're just 15 million short of being on Broadway."

That is, of course, not all. Foster is best-known for writing or producing such titanic smashes as Toni Braxton's Un-Break My Heart, Whitney Houston's I Will Always Love You, Celine Dion's Because You Loved Me and The Prayer and the immortal theme from St. Elmo's Fire, but he's seemingly eyeing a new generation of pop stars. Consider, for instance, a recent selfie capturing the silver-haired hitmaker alongside of-the-moment pop powerhouse Ariana Grande.

"I'm working on a joint venture right now with Disney and Universal Music on a big project that has already been very successful in France," Foster said by way of explanation, saying that he was still in the planning stages but that he's already started meeting with artists.

Foster also helmed Wallflower, the latest record from B.C. chanteuse Diana Krall. The record was originally slated for an October release before Krall, citing a severe bout with pneumonia, cancelled her fall dates and postponed the album's release to Feb. 2.

Well, Foster assures, it'll be worth the wait.

"I think she's a Canadian treasure," he said of the five-time Grammy winner, who has twin sons with legendary British pub-rocker Elvis Costello.

THE CANADIAN PRESS

TV talk

Foster will be more visible in the fifth season of The Real Housewives of Beverly Hills which just started airing in November. His wife of three years, Yolanda, joined the cast in Season 3. "The show's really entertaining and (has) a lot more human interest stories," he says. "I'm happy for my wife."

David Foster THE CANADIAN PRESS

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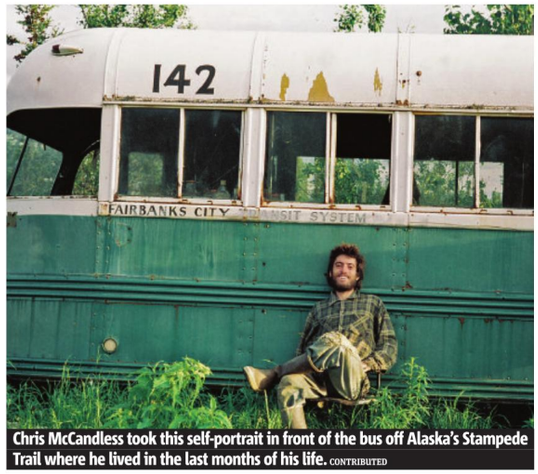
Exploring the darkness behind Into the Wild

Books. Sister of Chris McCandless hopes new revelations about their upbringing will help explain her brother's fatal Alaskan odyssey

JENNIFER PRITTIE
jennifer.prittie@metronews.ca



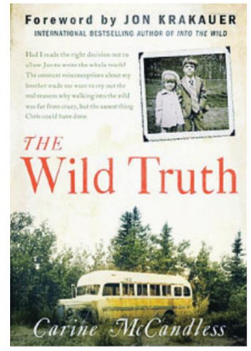
Chris McCandless took this self-portrait in front of the bus off Alaska's Stampede Trail where he lived in the last months of his life. CONTRIBUTED

It's hard to find someone who doesn't have an opinion about Chris McCandless. You likely already know the bare bones of his story: Young hiker walks into the Alaskan wilderness with a .22-calibre rifle and a 10-pound bag of rice, determined to live off the land, test his own mettle and come to grips with some weighty questions. Several months later, his emaciated body is found by hunters in an abandoned bus, along with a diary of his increasingly futile efforts to survive.

What would drive anyone to take such a risk? Author Jon Krakauer did his best to answer that in a high-profile article for Outside magazine, then in the highly regarded 1996 book Into the Wild.

Chris, it transpired, was a top student and athlete from a well-off Washington, D.C.-area family who was poised for success, but instead chose to renounce material goods, a career and, at times, society. Upon graduating from university, he had donated his savings to charity, burned his cash and set out on the road. His family didn't hear from him again.

The book was notably even-handed, but it provoked a staggeringly wide range of interpretation. To this day, McCandless debates still run at fever pitch online. As Krakauer writes in the introduction to The Wild Truth, a new memoir by Chris's younger sister Carine, "A lot of people came away from reading Into the Wild without grasping why Chris did what he did. Lacking explicit facts, they concluded that he was merely self-absorbed, unforgivably cruel to his parents, mentally ill, suicidal and/or witless."



The piece of the story that was missing, Carine now explains, is that she and Chris grew up in a home rife with domestic and emotional abuse, all while being forced by their parents to maintain the facade of a harmonious Christian family. "I would definitely say that the psychological things that we went through were more devastating than the physical things," she says in an interview. "Much more so. Those are the things that drove Chris out."

Quoted

"I just want people to have the facts. If it doesn't change their opinion about Chris, that's OK."

Carine McCandless, on the revelations in her memoir The Wild Truth

She says she told Krakauer all this while he was researching his book, so he would better understand her brother, but made him promise to keep the details out of print. "I really wanted to spare my parents, because I really felt that they would learn — obviously, I expected them to learn from Chris's death, because I couldn't imagine how they could not."

They didn't learn, by her account, and instead maintained their position that the family life had been fine — one reason that Carine became more open about their upbringing over the years, she says. By the time of the 2007 film adaptation by Sean Penn, she, too, had essentially cut off contact with her parents.

But her main motivation in going public has to do with the students she's met since Into the Wild was published. The book is required reading at many U.S. schools, and in going to speak at those schools, she found that students and teachers reacted differently when they knew the backstory. She realized being open about the abuse was helping others in the same situation.

Given that, maybe it's petty to wonder whether the new revelations could ever change the shape of the battle over Chris's legacy. "I just want people to have the facts. If it doesn't change their opinion about Chris, that's OK," she says. "The greatest inspiration and the greatest lessons come from truth, so I want that truth to be out there."

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John Boyega ALL PHOTOS GETTY IMAGES

Boyega's trooper uniform in new Star Wars trailer sparks a storm of racism

The first face to pop up in the new Star Wars trailer was that of British actor John Boyega, apparently donning an Imperial Stormtrooper uniform.

Granted, we know basically nothing about the plot of the new film, or what his character is doing dressed like that, but some people already have a problem with it. Racist people, mostly.

Well, Boyega is taking the high road, if cheekily.

He posted a thank you to massive outpouring of fan support so far and, at the end, tossed in a pitch-perfect, "To whom it may concern … Get used to it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Melissa Rivers tweets on her dead mom's coat tails

NED EHRBAR
Metro in Hollywood

I've got a social media etiquette quandary for you: What's the policy for making use of a loved one's Twitter account after they've passed away? What if that person is a hugely famous comedy pioneer?

Fans of Joan Rivers got quite a shock over the U.S. holiday weekend when the comedienne starting tweeting again, three months after she passed away. It turns out it was just her daughter, Melissa Rivers, taking over the account.

Since then, Melissa has been posting mostly about trips to the theatre with her son, Cooper, and the same tweets have been duplicating to her own account. But here's the thing: Joan's Twitter account has 2.2 million followers, while Melissa's has just 231,000.

She does know you can change the display name, right? And the photo? It won't even affect the follower count, if that's what she's worried about. You don't have to make it look like Joan Rivers is tweeting from beyond the grave.

Amanda Bynes

Amanda Bynes' parents are Uber protective of her

This maybe isn't exactly the kind of celebrity endorsement the folks behind Uber were thinking of, but hey, you take what you can get.

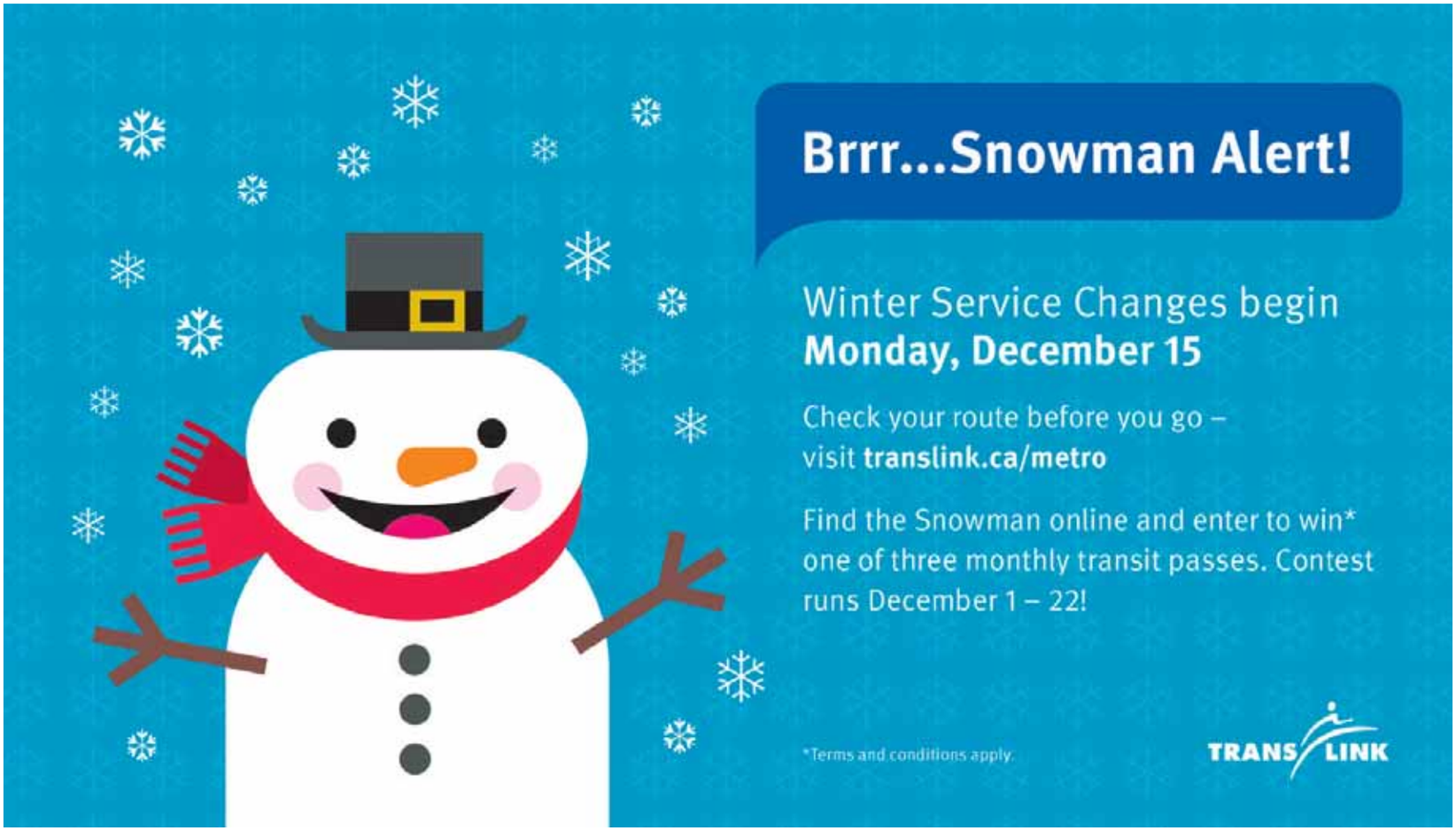
Amanda Bynes' parents have reportedly started using the app as a compromise to both let their troubled daughter do her own thing but still keep tabs on her.

"Amanda's mom, Lynn, set up the Uber car service on her daughter's cellphone," a source tells Radar Online.

"Uber can take Amanda anywhere she needs to go and it's paid for out of Amanda's estate, since her mom has conservatorship.

"This allows Amanda to have independence. But at the same time, her parents can track where she goes."

Man, wait until they find out about Find My iPhone.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Mental wellness. Social media can run havoc on our self-worth. Is it possible to have a healthy online experience?

BEE QUAMMIE
life@metronews.ca

It is important to always remember that what you see online is a mere snapshot of someone else's life. ISTOCK

Jessica Johnson, 29, had a love-hate relationship with social media — she loved connecting with people but often ended up feeling bad about her own life.

"Selfies are fun until you start over analyzing your looks," she says.

"Facebook is fun until you see amazing things happening for friends that aren't happening for you. It's easy to measure yourself based on Instagram likes and Twitter followers, too.

"When you really think about it, it doesn't make sense. But in the moment, it really affects you."

Johnson is among roughly 73 per cent of adults online who use a social-networking site of some kind, according to Pew Research Centre's 2013 Social Media Update Project.

And while these sites have become ingrained in our society, their effects on emotional wellness are often overlooked.

According to a range of studies, the negatives can outweigh the positives.

Sweden's University of Gothenburg examined the link between Facebook usage and self-esteem, and their findings revealed strong negative correlations between the two.

As participants' Facebook interactions increased, their self-esteem decreased.

A study at Western Illinois University, meanwhile, addressed the connection between social media and narcissistic behaviours. Study results confirmed that Facebook provides the perfect environment for narcissists, who have "a pervasive pattern of grandiosity, need for admiration and an exaggerated sense of self-importance."

"What people choose to present about their lives online — or anywhere, really — is not the full picture of their existence," say clinical therapists Corrine Carter and Melissa Kroonenberg of New Roots Therapy in Whitby, Ont.

"Thus, when we compare ourselves to others' lives online, we end up comparing the full scope of our experience with only a segment of others."

Carter and Kroonenberg, who often deal with clients who are experiencing emotional issues due to social media problems, also urge people to connect with the deeper meanings behind their reactions on social media.

They say investigating why social media makes you feel the way it does can reveal a lot about your emotional well-being.

"If you can connect with the underlying meaning of the situation, you can use that to take action and move toward what's important to you, rather than focusing on the self-judgment itself, which diminishes your worth," add Carter and Kroonenberg.

Johnson says it took her time to balance her emotional health with being an avid social media user.

"I started getting motivated by others' good news on Facebook instead of being jealous. It feels great to have accomplishments of my own to share. And when it really gets to be too much, I take a break altogether.

"Social media really shouldn't affect your self-esteem as much as it does. But if it's going to, I want it to be in a positive way."

Healthy Likes

Therapists at New Roots Therapy in Whitby, Ont., offer tips for maintaining healthy social media intake.

- **Don't compare.** Even if we could compare ourselves to the full picture of someone else's life, the comparison leads to a sense that our self-worth is conditional, and is tied to external factors. This leaves us with less control over our own experience.
- **Take a hint.** Instead of letting self-judgment take over, use it as a cue that something in the situation is connected to your underlying values and be curious about what those underlying pieces are.
- **Motive.** Ask yourself, "What do I want to get out of using social media?" By getting clear on your goals, you'll be better able to determine when social media exposure may be impacting your stress levels and self-esteem.

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Kris Abel
@RealKrisAbel
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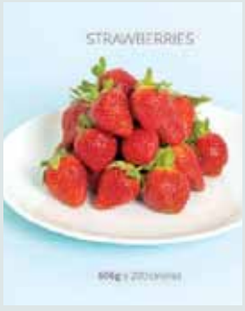
Counting calories is tricky. This photo guide will help you spot 200 calories, a good serving size, at a glance across a common assortment of fruits, vegetables, sweets and meats.



Recent 'Duh!' moments in science

Didn't we know that? These recent discoveries are kind of stating the obvious

EVA KIS
Metro In New York City

Scientists do vital work but sometimes, it seems like they could stand to step outside of the lab and look around.

Your preference for alcohol depends on how it tastes
Genetically determined taste perceptions could lead some people to become teetotalers and others to become alcoholics, according to a new study.

John E. Hayes and colleagues at Pennsylvania State University studied the genetics of 93 adults, looking in particular for so-called bitter-receptor genes, which are responsible for people's sensitivity to bitter tastes. The researchers asked participants to taste and rate alcohol samples in a laboratory.

Humans have about 25 different bitter-taste receptor genes; they studied two: TAS2R13 and RAS2R38. Both of these have been linked in previous studies to a tendency to drink when the gene is "turned off" and not to drink when it is turned on, Hayes said. "The bitterness they perceived was influenced by which gene they had, and it was exactly the same direction as we would have expected from the previous work on alcohol intake."

People with the bitterness variant of the RAS2R38 gene drank half as often as those without it.

Time is necessary to eat well
People who spend more time preparing and cooking meals are more likely to have healthier diets, says a new study, while those who spent the least time on food preparation also spent the most money on food away from home and were more likely to eat at fast food restaurants.

"We've known for a long time that cooking and being able to prepare your own food is associated with eating a healthier diet ... but there actually isn't much research in the area," Pablo Monsivais said.

Monsivais and his team, from the Centre for Diet and Activity Research at the University of Cambridge, used survey information from 1,319 participants in the Seattle Obesity Study, conducted from 2008 to 2009.

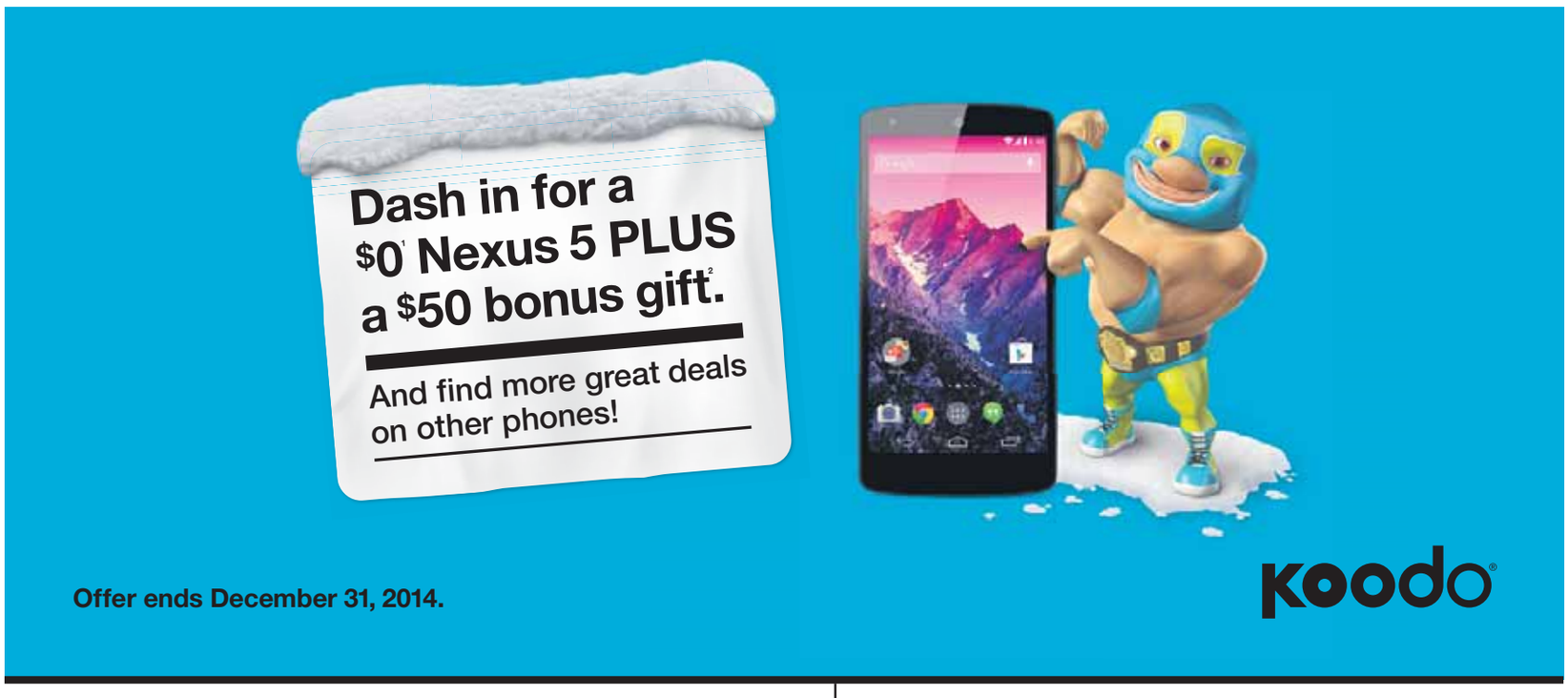
People who spend more time cooking seem to be more likely to consume fruits and vegetables. ISTOCK

People who spent the most time cooking meals consumed at least eight servings of fruit and 13 servings of vegetables per week, the authors found. Those who spent the least amount of time preparing meals ate on average six servings of fruit and just under 11 servings of vegetables per week.

You're more likely to try again if you feel responsible for failing
If at first you don't succeed, and you think you can control the outcome, you're more likely to persist, suggests a new study.

Using brain scans, researchers found different brain areas activated in response to a setback if the failure was perceived as something under the person's control versus a random or uncontrollable cause, and blaming oneself led to greater persistence.

What distinguished this study from similar research since the 1970s is the discovery that different areas of the brain respond to a setback depending on where blame seems to lie. That result suggests that a sense of control or lack of it leads to calculations about whether to try again through two different types of thought processes, the researchers concluded.



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Even a simple marinade elevates chicken

One Step Marinated Chicken Breasts. Here is a way to ensure this often-dry piece of meat remains juicy

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This recipe serves four. THERESA ALBERT

Does antibiotic-free, dipped in breading, deep-fried, sandwiched in 100 or so calories of white sugar, white flour bread and spread with 50 or so calories of mayo beat plain old Canadian chicken?

Fast food needs to be a sometimes solution and deep-fried has gotta go.

The more often you choose single, recognizable ingredients the better off you are. It is that simple.

It is true that antibiotics are used as approved by Health Canada and the Canadian Food Inspection Agency.

Chicks are weaned off feed containing antibiotics to be sure that there are no residues by the time they hit the store shelves.

Organic chickens are fed organic feed without antibiotics unless there is an illness and then those chickens are separated from the group.

Unless and until we are all raising our own poultry or have access to a farmer who does, you have to choose the best you can in each eating situation.

Whatever chicken you buy, keep these tips in mind:

• Buy a whole chicken to get the best price per pound (cutting into pieces incurs labour).

• Save time and money by purchasing a whole chicken, cut it up and prep the pieces into easy dishes and then freeze or refrigerate until ready to cook.

• You'll find more fat and calories in legs, but also more iron.

• Bones and fat add flavour; buying cuts without them adds cost.

• Chicken cooked with the skin on stays more moist and isn't higher in calories. You still have to toss the skin but use it during cooking to keep your chicken moist.

There's a reason chicken is the No. 1 protein in Canada: it's affordable, loaded with protein, and delicious no matter what cuisine you are into at the moment.

One Step Marinated Chicken Breasts

1. Place 4 breasts in freezer bag and add marinade of your choice (Za'atar spice mix and lemon is one suggestion), reserving 1/2 lemon. Freeze. Thaw before continuing.

2. Empty into a baking dish and microwave for 10 minutes to partially cook and speed the process. Bake at 350 F for 25-30 minutes.

3. Squeeze 1/2 lemon over chicken and sprinkle with sea salt. THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 4 chicken breasts
- 1 tbsp Za'atar spice mix
- 1 lemon, divided into 2
- 2 tbsp grapeseed oil
- 1 tsp garlic powder
- Pinch sea salt

Crispy Greek flavours

While fried chicken is delicious, it is time consuming and not the best choice nutritionally.

So instead bake this crunchy coated chicken and serve it with a tzatziki-style sauce.

1. Preheat oven to 400 F (200 C). Line a baking sheet with foil; lightly grease.

2. Cut chicken pieces in half crosswise. Place 1/4 cup (60 ml) milk in bowl; whisk in mustard, salt, pepper. Place bread crumbs and oregano in shallow dish. Working with 1 piece of chicken at a time, dip in milk-mustard mix followed by bread crumb mix, rolling and coating well. Set on foil-lined baking sheet. Bake 25 minutes, turning halfway through, until chicken is golden and cooked through.

3. Meanwhile, in a medium skillet, melt butter over medium heat. Add garlic; cook 1 minute. Sprinkle with flour; whisk to combine. Gradually whisk in remaining milk. Bring to boil and reduce heat. Whisk 3 minutes until smooth. Stir in lemon zest, feta, dill and cucumber. Serve chicken with sauce spooned over top.

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Ingredients

- 4 boneless, skinless chicken breasts
- 1-1/2 cups (375 ml) milk, divided
- 2 tbsp (30 ml) honey Dijon mustard
- 1/2 tsp (2 ml) each salt, pepper
- 1 cup (250 ml) panko bread crumbs
- 2 tbsp (30 ml) dried oregano
- 1 tbsp (15 ml) butter
- 2 cloves garlic, minced
- 1 tbsp (15 ml) all-purpose flour
- Finely grated zest from 1 lemon
- 1/3 cup (75 ml) crumbled Canadian feta
- 1/3 cup (75 ml) chopped dill
- 1/3 cup (75 ml) finely diced cucumber

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LEARNING CURVE
Tuesday, December 2, 2014

Advanced Education Minister Amrik Virk, second from left, speaks with JIBC fire and safety division director Peter Grootendorst, left, and JIBC dean of the school of public safety Colleen Vaughan, centre, in front of the burn building during a tour of the Maple Ridge campus in June. CONTRIBUTED

JIBC reconstructing burn building

DANIEL HENDRIKSEN
For Metro

The burn building at the Justice Institute of British Columbia's (JIBC) Maple Ridge campus is undergoing some major reconstruction. Thanks to a $725,000 grant from the Ministry of Advanced Education, JIBC is able to renovate the three-storey structure.

"This grant is very much appreciated," Colleen Vaughan, dean of JIBC's school of public safety, said in a press release. "This funding will support the education and training needs of our students and firefighters in B.C. and contribute to be one of Canada's premier firefighting training facilities."

The burn building is used to provide B.C. firefighters with somewhere to practise and a facility for JIBC firefighting students to gain hands-on experience. The building is one of the only facilities of its kind in Canada that utilizes common combustible materials to create real-life fire behaviour and effects that firefighters deal with in structural fires in the community.

"Hands-on learning is an important component in the education and training of emergency responders, including firefighters," said Advanced Education Minister Amrik Virk. "JIBC's burn building is certainly a unique classroom, but also one that will support our students now and well into the future."

The Maple Ridge campus was designed to provide hands-on training provided by JIBC's fire and safety division. In addition to the burn building, the campus features a ship's steel superstructure used for simulating marine firefighting, a high-angle rescue tower, industrial flammable liquid props, and an 11-car train derailment prop used to train firefighters from across the country to respond to railway disasters, fires and chemical spills.

SFU lecturer honoured with Hispanic Canadian award

A Simon Fraser University (SFU) faculty member has been named one of Canada's 10 most influential Hispanic Canadians.

Sophie Lavieri

Sophie Lavieri is a senior lecturer in SFU's department of chemistry and is also the director of the school's Science in Action outreach program. The distinction is reserved for Hispanic Canadians who have "influence in the Canadian mainstream, education, achievements and awards, support of the Hispanic community, volunteerism and entrepreneurship."

This year's Canadian Hispanic Business Alliance list was compiled by Latincouver, a business and social portal for Latin Americans in Vancouver.

Lavieri said in a press release that she was more than flattered when she was named to the list.

"I am deeply honoured to receive this award and grateful that SFU has supported my passion for science education," said Lavieri, who came to Canada from Venezuela in 2000.

Over the past 10 years, Lavieri has spent countless hours educating youth about the wonders of science through free workshops that she has both taught and organized.

"You can't imagine how gratifying and rewarding it is when some of my students tell me that their interest in science was sparked by one of my workshops that they took as a child," she said.

Group donates $10,000 to KPU

Kwantlen Polytechnic University (KPU) recently received a third significant donation from the South Asian Business Association of B.C. (SABA). The latest of the endowments is worth $10,000 and comes courtesy of SABA's 2014 charity golf tournament.

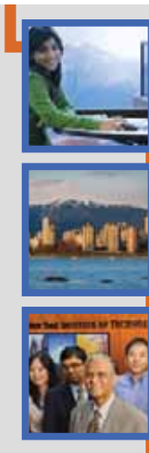
The money from this donation will be used to create a third scholarship fund established by SABA, each of which fund a $1,000 student award in perpetuity. The two endowments prior to the latest one were each worth $20,000. They are used for an annual entrepreneurial scholarship for a KPU business student, and a scholarship for a student in the school's international training program for nurses.

There is no plan for the financial assistance from SABA to come to an end either. The organization's goal is to raise $100,000 in endowed funds to support student success at KPU.

"Through our partnership with KPU, SABA is proud to support students in the community to pursue post-secondary education," M S Dhaliwal, president of SABA, said in a media release. "These endowment funds will forever be available to students who are making a difference in the world."

SABA is an organization that provides a premier platform for B.C. businesses to discuss issues, opportunities and policies.

DANIEL HENDRIKSEN



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Top alumni recognized by SFU

The latest recipients of Simon Fraser University's (SFU) outstanding alumni award were recently announced. The institution is will honour Darrell Burnham, Sgt. Diane Cockle, Kanwal Singh Neel and Ming-Sound Tsao in late February.

Burnham, who graduated in 1976 with a BA (economics/psychology), will receive the community service excellence award.

Sgt. Diane Cockle

The public service award will go to Cockle, who obtained her PhD in forensic and biological anthropology in 2013. An RCMP sergeant in the national forensic identification support services unit, Cockle is only the third female member of the RCMP to earn her PhD.

Neel, who earned his PhD (education) in 2008, will receive the professional achievement award.

Tsao will be honoured with the academic achievement award. Tsao, who graduated in 1983 with a BSc honours (biochemistry), is one of the world's leading oncologic pathologists and cancer researchers.

SFU's outstanding alumni awards are designed to honour those whose accomplishments and contributions reflect the university's mandate of engaging the world.

DANIEL HENDRIKSEN

Les Burnell, community care licensing officer for Fraser Health. CONTRIBUTED

Fast-track for NLC graduates

Agreement. Some students will be eligible for direct admission into a JIBC certificate program

DANIEL HENDRIKSEN
For Metro

Graduates from certain diploma programs at Northern Lights College (NLC) will now be directly accepted into the Justice Institute of British Columbia's (JIBC) advanced specialty certificate in community care licensing.

It was recently announced that grads from NLC's early childhood education and care diploma, education assistant diploma, practical nursing diploma, and social services worker diploma are now eligible for direct admission into the JIBC certificate program.

The opportunity is made possible thanks to a new agreement between JIBC's health sciences division and NLC's academic and vocational division.

Barb Kidd, dean of JIBC's school of health, community and social justice, spoke in a media release about what this news means for students who plan on taking advantage of the opportunity.

"This new educational option enables early childhood educators, education assistants, practical nurses and social service workers to become well positioned to further contribute to the health, safety and well-being of the most vulnerable members of our society. The need for residential and community care facilities will only continue to grow in B.C. and across the country, and graduates of our program will be well positioned to use their education and training."

The advanced specialty certificate in community care licensing is Canada's first and only credential to address the needs of community care licensing officers (CCLOs) that help protect B.C.'s most vulnerable residents.

To learn more, visit jibc.ca.

Military honours UBC prof

The University of British Columbia (UBC) has announced that dentistry Prof. David Sweet has received the highest civilian honour possible from the Canadian military.

Gen. Thomas Lawson, Canada's chief of defence staff, was in Vancouver to award Sweet the Medallion of Distinguished Service, the highest Canadian Armed Forces medal for civilian service.

David Sweet

Sweet received the honour for his work in forensic odontology, the science of victim identification using teeth and dental charts. His contributions to the science of forensic identification include developing new investigative techniques and passing that knowledge on to others.

In the past, Sweet led a team of Canadian forensic experts into the aftermath of the tsunami in Thailand. His expertise was also used in the high-profile Robert Pickton murder investigation.

DANIEL HENDRIKSEN

"Live as if you were to die tomorrow. Learn as if you were to live forever."

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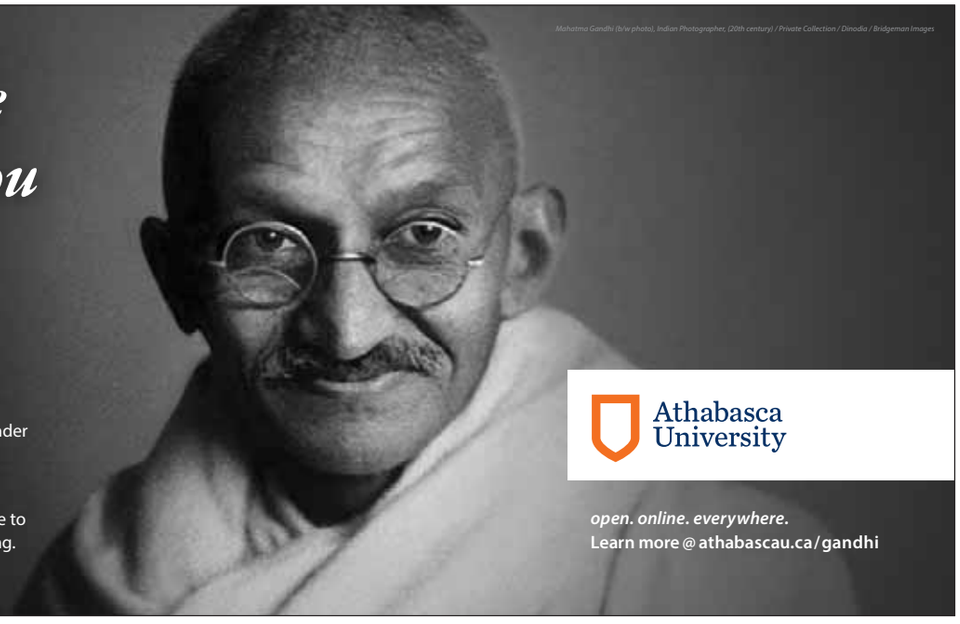
Mahatma Gandhi (b/w photo), Indian Photographer, (20th century) / Private Collection / Dinodia / Bridgeman Images

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KPU launching two new programs

Starting next September, Kwantlen Polytechnic University (KPU) will be offering a pair of new programs, both of which will earn graduates a bachelor of arts.

The programs, a major in applied geography, and a minor in language and culture, will be dedicated to developing urban communities, and to fostering intercultural communication. The major in applied geography aims to enhance the ability to navigate and manage the city spaces where most of the world's population lives.

The minor in language and culture will be special in that it will allow students to specialize in two separate languages. They can enjoy the benefits of multilingual learning while simultaneously developing expertise in linguistics or cultural studies.

"This is wonderful news for our students," said Olivier Clarinval, chair of KPU's department of modern languages. "The main goal of our new minor is to help students develop strong communicative and cultural competence to prepare them to live and work in an increasingly global context, one which often requires good intercultural communication skills."

Courses for both programs will be offered at KPU's Richmond and Surrey campuses, while certain courses in the applied geography degree will be offered at the Langley campus.

For more information, visit kpu.ca/arts.

DANIEL HENDRIKSEN

Joe Wiebe speaks at Kwantlen Polytechnic University. CONTRIBUTED

Author shares craft brewing expertise

DANIEL HENDRIKSEN
For Metro

Students in Kwantlen Polytechnic University's (KPU) brewing and brewery operations program had a special visitor late last month.

Joe Wiebe, author of Craft Beer Revolution: The Insider's Guide to B.C. Breweries, presented the students with a lecture on the industry's unprecedented growth.

With the brewing industry on the rise, there are new establishments being opened all over the province. KPU is capitalizing on the growth by offering a diploma program, educating aspiring brewers about both the science and the business of the industry.

Wiebe spoke about B.C.'s changing beer history, and how the business is shifting to local breweries that serve their community with locally-made craft products from large breweries that service the province.

"This brewing program is really exciting to me to see, the fact that this program is now an option for people here who want to enter the industry and want to get trained locally," Wiebe said in a media release.

More information about KPU's brewing and brewery operations program is available at kpu.ca/brew.

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Simon Fraser. History major named entrepreneur of the year

DANIEL HENDRIKSEN
For Metro

Nikki Layson was recently named the Simon Fraser University entrepreneur of the year. CONTRIBUTED

Simon Fraser University (SFU) has named its 2014 entrepreneur of the year. The honour goes to fourth-year history student Nikki Layson for the work he did with his team in creating urinary metabolite indicator (UMI), a device that uses metabolites found in the body to help prevent muscle injury.

Layson, a Surrey resident, met his team, who hail from across the country, at the June 2014 U.S. Embassy Startup Weekend, where he said they spent 56 hours together and eventually were able to turn their idea into a viable business.

The team is made up of Layson, Dr. Chris Skappak from the University of Calgary, Charlotte Chan from the University of Waterloo, Randeep Dhesi from BCIT, Lavinia Gordon from Nunavut Arctic College, and Joel Musambi from Spring Arbor University in Michigan.

The technology for UMI is currently being developed by a research team from the University of Alberta and the National High Field Nuclear Magnetic Resonance Centre (NANUC.) Layson and his group hope to soon design a test to allow athletes to operate at their peak level of performance, while limiting the injuries that often come with training.

Just last month, Layson was the winner of an SFU competition not unlike the popular television show Dragon's Den. He and the other competitors pitched their business ideas, and Layson took home $2,500 for his efforts.

UMI also recently received the tech entrepreneurship award from the British Columbia Innovation Council.

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Accessible education

Developing leaders for the 21st century is Trinity Western University's vision at its new Richmond Learning Centre, set to open in late spring 2015.

The 20,000-square-foot learning centre will serve an estimated 500 to 700 adult and international students.

"Education is no longer limited to single campus locations," says Linda Long, executive director, TWU extension. "It's about being accessible to people, meeting them where they are and empowering them to move forward."

As demographics change, economic pressures loom, and technology moves at lightning speeds, the need for good leadership at all levels remains the only constant amidst an ever-changing and complex marketplace.

"Convenient, relevant, and relational is what characterizes TWU's program offerings in Richmond," Long says.

"The adult degree completion BA in leadership is specifically designed for busy adults who have partially finished degrees or certificates but need to complete their bachelor degree in evenings or weekends. This program is attracting a wide range of adults, currently working in business, health care, banking, public safety, education and more. Our accelerated format focuses on workplace relevant coursework, effectively integrating studies with praxis opportunities within an organization."

Visit trinitywestern.com or call 604-513-2067 to learn about classes in Richmond, Langley or online.

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"Students not meeting the admission standards of direct entry to universities such as UBC or SFU may find that a year or two at a transfer college, such as Columbia College, allows them the time and supportive setting to succeed at entering instead at second or third year," says Peter Ashby, director of admissions, Columbia College.

"All courses taken at Columbia College are transferable to academic programs at all B.C. universities, as well as to many universities in other provinces."

CONTRIBUTED

Ashby says the cost is generally less than at university, and Columbia's alumni report a high degree of satisfaction with the supportive, friendly and socially open environment at the college.

For more, visit columbiacollege.ca.

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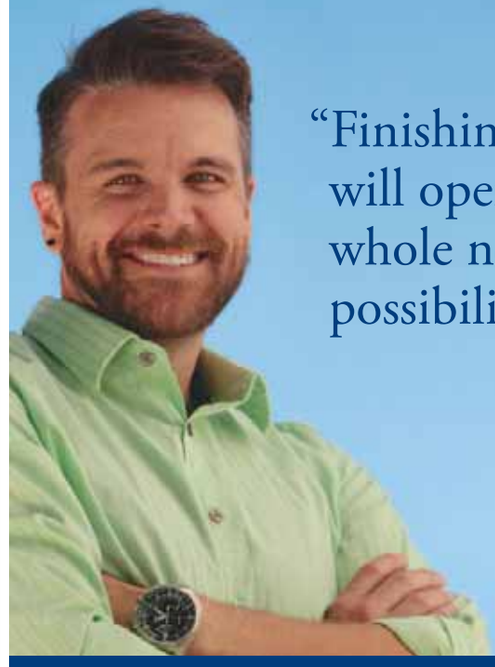

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FRIDAY CAREER FAIR

Education & Career Fairs is one of Western Canada's largest career planning events that provides attendees the opportunity to interact with employers and post-secondary institutions, as well as listen to informative industry seminars.

Are you seeking a new career direction? The Education & Career Fair is an excellent occasion for career changers and adult learners to educate themselves about different career options.

Don't miss your chance to talk to employers one-on-one who are actively seeking to hire new employees and offer more information regarding their industry.

The following are some of the employers that are scheduled to attend the fair: Automotive Training Centre; Insurance Institute — Career Connections; B.C. Corrections Careers; Red Robins Gourmet Burgers Restaurants of Canada; G4 Secure Solutions Canada Ltd.; Squamish Nation Trades Centre; Foreign Affairs — Trade and Development; WorkBC.ca; Industry Training Authority; and WorkBC Find Your Fit.

The Vancouver Education & Career Fair is Friday at the Vancouver Convention Centre, West Exhibition Hall A. Admission is $5, but look for a coupon in this newspaper for free admission after noon.

For more information, visit education-careerfairs.com, email info@education-careerfairs.com, or call 604-681-2153.

Salon provides real-world experience for students

VCC hair design

The hair industry is much more than learning how to cut and colour hair.

On top of learning the latest industry trends and techniques, hair design students must learn about the business side, along with customer care and safety.

The Vancouver Community College (VCC) hair design program does just that, as students get hands-on experience in the in-house full-service salon and spa.

"Our program is unique as we have a long established salon that students service clients," says Gary Franceschini, instructor of hair design at VCC. "We provide a very real-world experience."

For the first six weeks, students of this 10-month program train intensely on hair cutting, colouring, perming, hairstyling, consultation and client relations, as well as public safety and hygiene.

After the initial six weeks, students start to work at the VCC hair salon three days a week, and have one day a week of theory and hands-on study to learn more advanced skills.

Students learn men's and ladies haircutting, styling, updo's, colour and various highlight techniques, various perm techniques, and salon business's practices.

For more information about the hair design program, attend the Dec. 10 info session at 4:30 p.m. to speak with instructors and advisers.

Or online, visit vcc.ca/hair.

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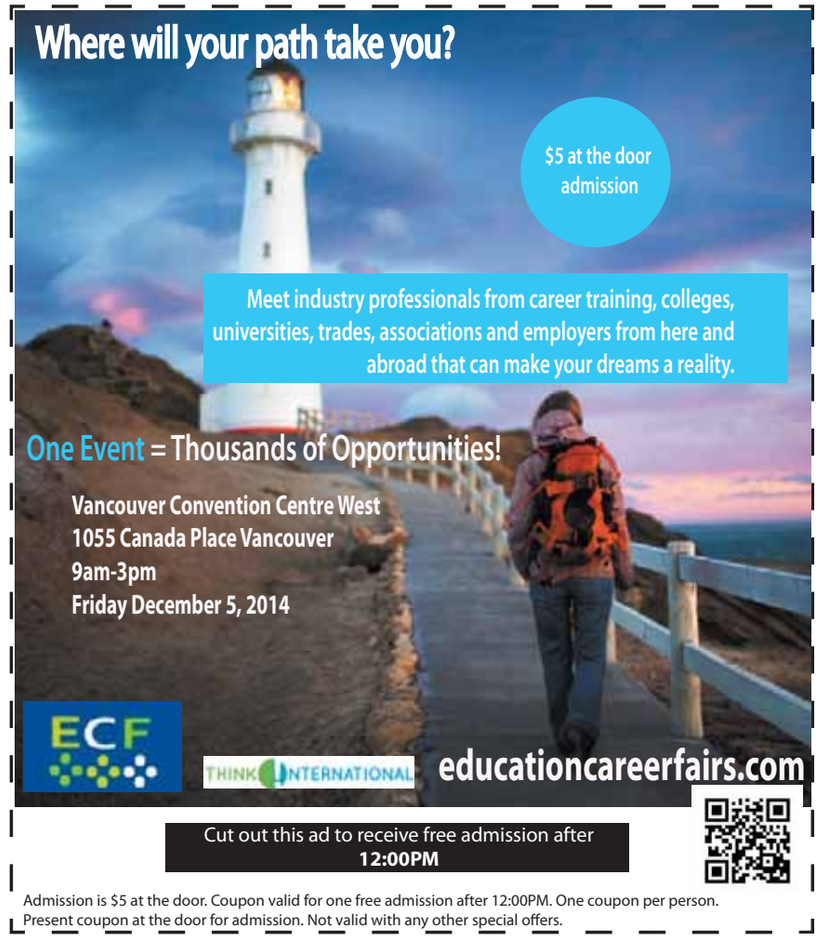
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The ultimate goal of any college is to see its students succeed. And MTI is no different.

"As an organization we measure our success based on the success of our students and graduates," says Dylan Matter, vice-president, MTI. "This starts from the first time a student meets with our admissions representatives and continues well after graduation."

To help students achieve their educational goals, MTI offers programs with flexible scheduling, as well as many student supports designed for their future career success

"Our programs are designed to cater specifically to students who are looking for a new career, but may have other obligations such as family and work that makes timing and flexibility of the essence," Matter says.

To meet the needs of students, MTI has start dates throughout the year (not just September and January), flexible schedules, and curriculum designed to focus solely on training students with the hands-on skills needed to successfully find employment after graduation.

CONTRIBUTED

"Our mission statement is to support members of our community in their journey to a new career through maximizing potential, training for the future, and individualizing success," Matter says. "We have found that the key to helping our students achieve success is through education about their career options and about the investment they will be making in themselves."

MTI students achieve results through career prep and workshops while attending a program at the school, as well as lifelong job placement assistance.

"We have continued to see fantastic results for our graduates and are about to finish another year with a job placement rate greater than 90 per cent," Matter says.

Most of MTI's programs include a practicum, which the college finds for the student and gives them the opportunity to apply some of the skills they have learned in a workplace setting.

For more information, visit mticc.com.

SIX LOCATIONS IN LOWER MAINLAND

MTI is a private, career-training post-secondary institution with six locations in the Lower Mainland stretching from Vancouver to Chilliwack. MTI has many program start dates available and encourages potential students to visit MTI and share their career aspirations.

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Acquire authentic industry experience

With Vancouver Community College programs

Less than a year out of high school Diane Chan is working in a career she loves, thanks to her training from Vancouver Community College (VCC).

"The skin and body therapy program stood out to me so I decided to choose VCC," says Chan, a recent VCC skin and body therapy program graduate who is now working as an esthetician.

Chan says the skills she learned throughout her program and the hands-on training in the school's two spas (one public and one for training) have been helpful in her current career.

The nine-month program gives students authentic industry experience training in a fully equipped spa where treatments are offered to the public.

Related theoretical content is delivered through lectures, demonstrations and various teaching aids in the classroom and is continuously integrated into the practical work.

"I found that customer/client communication was a major skill that I had learned because I'm a very shy person," Chan says. "But after this program it really helped me open up a little more to the clients that come in."

Because of the practicum portion of the program, Chan was able to secure a job before she graduated.

She says she would recommend this program to others because the faculty gives students the opportunity to explore and learn new things.

"All of the instructors in the program really enjoy teaching their own techniques of doing services and gives students all they can when we are in need," Chan says.

Chan says VCC also supported her to represent British Columbia at the Skills Canada competition in Toronto.

"I was still thankful for all the training, support and encouragement that VCC provided me throughout the whole program," Chan says.

Registration is open for the Jan. 5 start date. Attend the Dec. 10 info session at 4:30 p.m. to speak with instructors and advisers about this program. For more information, visit vcc.ca.

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Automotive trades Tuesday, Dec. 2, 11 a.m. – lobby, building B	Broadway
Interior design Tuesday, Dec. 2, 5:30 p.m. – room 718	Downtown
Auto collision repair and auto refinishing Wednesday, Dec. 3, 5:30 p.m. – lobby, building B	Broadway
Adult upgrading & University transfer Wednesday, Dec. 3, 4:30 p.m. – room 4001	Broadway
Drafting technician Thursday, Dec. 4, 4 p.m. – room 718	Downtown
Teaching English to speakers of other languages (TESOL) Thursday, Dec. 4, 12 p.m. – room 518	Downtown
Legal administrative assistant Monday, Dec. 8, 4 p.m. – room 618	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
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Noel approaches his new job with no fear

WHL. After another coaching change, Giants don't play again until Friday

CAM TUCKER
cam.tucker@metronews.ca

Claude Noel inherits the head coaching job for the Vancouver Giants, who will play their next game on Friday against the Portland Winterhawks. Noel replaces Troy Ward, who was fired last week. THE CANADIAN PRESS FILE

The sun and warmth and fly-fishing of Phoenix apparently just weren't doing it for Claude Noel after a while. He wanted to get back into coaching.

On Sunday, the WHL's Vancouver Giants announced Noel as their new head coach. The former Winnipeg Jets bench boss takes over for Troy Ward, who was fired last week after a 25-game tenure and a 9-16 start to the regular season.

On Monday, Noel ran his first team practice at the Ladner Leisure Centre.

"We're going on another adventure," he told reporters.

Terms of the deal weren't disclosed. Length of the contract appears to be something the two sides will discuss as the season progresses.

"He just wants to come here and coach," said Giants majority owner Ron Toigo. "We talked about term and he said, 'Don't worry about that, we'll figure it out.'"

It isn't Winnipeg, where Noel coached the Jets for 2-1/2 seasons before he was fired — "reassigned," as he called it.

"I certainly don't fear the situation," Noel said.

He's still in the earliest of stages of growing familiar with his new players, including learning all their names and putting faces to those.

He's afforded an entire week of practice to start to establish a foundation with this group.

"This is more my element than sitting, going fly fishing for trout in Phoenix," said Noel.

The Giants, now 10-18 after the weekend, don't play again until Friday when they host the Portland Winterhawks at the Pacific Coliseum.

Quoted

"This is more my element than sitting, going fly fishing for trout in Phoenix."

Claude Noel on becoming the new head coach of the Vancouver Giants

For many of these players, Noel represents the third different coach the team has had in less than a year.

"It's always an adjustment for players," Noel said. "I've just got to be a little more patient."

Toigo felt the organization needed to make a change once again in the coaching department, and in the midst of what eventually was a six-game losing streak, the team fired Ward then reached out to Noel.

"We didn't want to take a chance of not getting that development out of this year under the format we were under before," said Toigo.

World juniors

McDavid, Fucale headline invitees for Canada camp

Star forward Connor McDavid and six other players from last year's tournament headed a group of 29 invited to Canada's camp for the world junior championship.

Goalie Zach Fucale, defencemen Chris Bigras and Josh Morrissey and forwards Frederik Gauthier, Nic Petan and San Reinhart were also invited to the selection camp set to begin Dec. 11 in Toronto.

The world junior tournament starts Dec. 26 in Montreal and Toronto. McDavid broke his hand in a fight on Nov. 12 and is expected to return for the event. THE CANADIAN PRESS

NBA

Spurs spank still-winless Sixers

Kawhi Leonard scored a game-high 26 points and had a crucial three-point play in the final minute to help the San Antonio Spurs defeat the winless 76ers 109-103, extending Philadelphia's franchise-worst losing streak to start the season to 0-17.

The Spurs (13-4) played without stars Tim Duncan (rest) and Tony Parker (shoulder) but San Antonio had little trouble dispatching Philadelphia.

The 76ers can tie the 2009-10 New Jersey Nets for the worst start in NBA history on Wednesday at Minnesota, with a potential chance to break the record at home on Friday against Oklahoma City.
THE ASSOCIATED PRESS

Canucks prospect Virtanen prepares for world junior camp

The Canucks used the sixth overall pick in the 2014 NHL Draft on Jake Virtanen. GETTY IMAGES FILE

Vancouver Canucks prospect Jake Virtanen has been named to the Canadian national junior team selection camp roster, unveiled Monday.

The 2015 world junior championship takes place in Toronto and Montreal this year, from Dec. 26 to Jan. 5.

The Canucks selected Virtanen, who grew up in Abbotsford, with the sixth overall pick in the 2014 NHL Draft in June and signed the powerful winger to an entry-level contract the following month.

He attended the club's prospects tournament in Penticton and training camp in Whistler, but wasn't cleared for contact and didn't play due to his recovery from shoulder surgery last spring.

Virtanen was sent back to the Calgary Hitmen in the Western Hockey League.

He made it back into the Canucks' lineup on Oct. 24, and has seven goals and 19 points in 17 games.

"Beginning of the year, it was definitely in the back of my mind," Virtanen told reporters in Calgary.

"Being hurt, it definitely, I thought, was going to hurt me a little bit because I wasn't able to play. But when I got back, I knew that I had to really show the coaches and the coaching staff and Hockey Canada what I could do."

He said he found out Sunday night that he'd be going to the selection camp.

"I just definitely got to show … at camp I'm willing to do anything to be on the team," Virtanen said.
CAM TUCKER/METRO

Follow Cam Tucker on Twitter @camtucker_metro

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You can't solve a personal problem until you admit it exists. However, you will discover the solution is easy. It was there all the time but you did not let yourself see it.

♉ Taurus
April 21 - May 21
You cannot be on good terms with everyone all of the time — even a good-natured Taurus will fall out with friends and loved ones once in a while. But it's no big deal.

♊ Gemini
May 22 - June 21
You will need to be tough, maybe even ruthless, to protect your interests against those who would like to see you fail.

♋ Cancer
June 22 - July 23
You will be called upon to make a daring decision that only you can get away with. You have a wealth of good ideas but do you have the drive and the determination to do something with them?

♌ Leo
July 24 - Aug. 23
You don't have to be nice if you feel someone is trying to hustle you. The best way to protect yourself is to go on the attack!

♍ Virgo
Aug. 24 - Sept. 23
The planets urge you to focus not on the things you want but on the things you need — and yes, they are different.

♎ Libra
Sept. 24 - Oct. 23
You may be wondering if you would be better off in a different place with a different group of people. Maybe you would, but don't make any hasty decisions.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point throwing yourself at something you simply don't enjoy doing. The planets indicate it may be time for a change — and a big change at that.

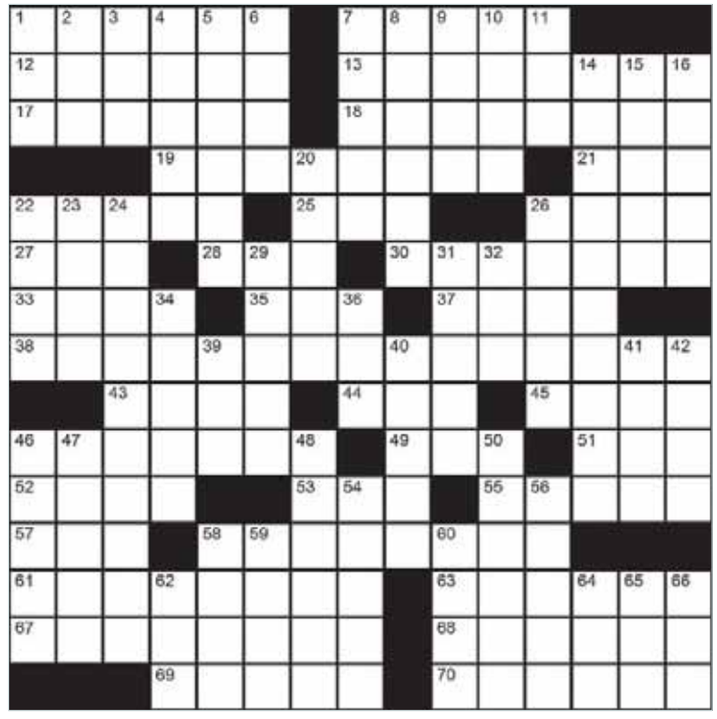
♐ Sagittarius
Nov. 23 - Dec. 21
You may have good reason to be annoyed with a certain individual but is it worth the effort and the anguish? Probably not.

♑ Capricorn
Dec. 22 - Jan. 20
The task you have set yourself may be tough but you will find success. Nothing and no one can beat you, so long as you remember that challenge and opportunity are two sides of the same coin.

♒ Aquarius
Jan. 21 - Feb. 19
You will have to make a choice between two equally desirable things today — and, no, you cannot have both.

♓ Pisces
Feb. 20 - March 20
The Sun in Sagittarius has a tendency to make you fret about your career but there is no need. Whatever changes happen will be good for you.

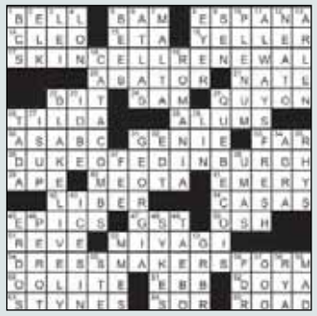
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Newfoundland dish, Fish and __
7. Byes, in Italy
12. Like the kids in Canuck comedy "Meatballs" (1979): 2 wds.
13. Dolores __ (Teacher at Hogwarts)
17. Establishment for pampering Fido: 2 wds.
18. The four largest satellites of Jupiter
19. __ Playhouse (Theatre in Winnipeg since 1914)
21. "To __ is human."
22. Female fortune-teller of ancient times
25. French season
26. High hairstyle
27. Restaurant chain, _._._. Friday's
28. 'A' in ETA, briefly
30. Make the knife more cut-worthy
33. Golden gymnast Ms. Korbut
35. Hesitant sounds
37. Vase's handle
38. Planned attention-getting events: 2 wds.
43. Fats Domino hit: "__ That a Shame"
44. Ms. Benatar
45. Indisputable
46. Type of sleeveless shirt: 2 wds.
49. Calgary International Airport code
51. New Zealand parrot
52. Needs manners
53. Kanga creator's monogram
55. Moulding styles
57. Pique
58. Pattie __, Justin Bieber's mom
61. Theatre Passe __, in Toronto
63. Gain
67. Contagious disease in early Canadian history
68. CTV crime drama
69. City in Iraq
70. Noisily napped

Down
1. Cartoon punch sound!
2. Traveller's li'l way
3. 'Outer'-meaning prefix
4. Like a nest-living stinging bug
5. Antelope of Africa
6. Traverse
7. Bandleader Xavier
8. Pictures
9. Fit
10. "..._____ it Memorex?"
11. __ vous plait (Please, in French)
14. Natural gas project off Nova Scotia's coast: 2 wds.
15. Avant-__
16. Company in 2001 headlines
20. Country songstress Ms. Clark
22. Halt
23. 'Snow house' in Inuktitut
24. 1930s and 1940s in music history: 3 wds.
26. Bear, in Latin
29. Right-hand page
31. Impulsive
32. Emmet
34. Comparable
36. "Vasoline" rock gr.
39. Percentage on a chg. card
40. "I've succeeded!": 2 wds.
41. Squirrel's spot
42. Tasman and Sargasso
46. Clips
47. Gold, in Latin
48. Paleness
50. T-Shirt material
54. Singer/pianist, __ Ray Joel
56. Spanky & Our Gang's "Like to ____ Know You"
58. Ben Mulroney's mom
59. Swiss peaks
60. Highland hats
62. Western prov.
64. Televise
65. 'Impress' suffix
66. "The Simpsons" character Mr. Flanders

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			9	1	4			
		9				6		
	5			3			2	
4								9
2		6	1	8	5	7		3
5								2
	6			5			3	
		2				4		
			8	7	6			

Yesterday's Sudoku

4	5	9	6	7	3	8	2	1
8	3	2	1	9	5	6	4	7
7	6	1	8	2	4	5	9	3
6	2	3	5	8	9	1	7	4
5	8	4	2	1	7	3	6	9
9	1	7	3	4	6	2	5	8
1	9	8	7	5	2	4	3	6
3	4	5	9	6	8	7	1	2
2	7	6	4	3	1	9	8	5

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